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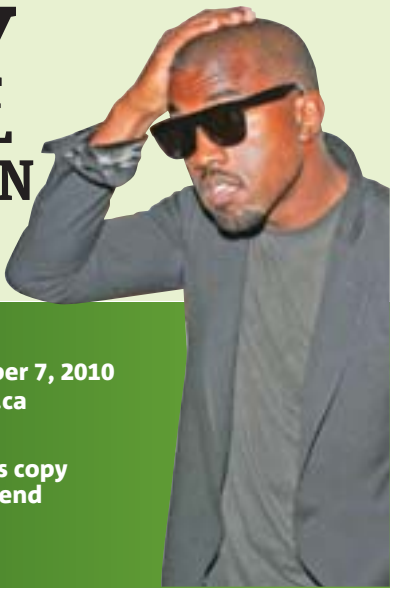
LABOUR DAY PARADE GOES POLITICAL
MUNICIPAL CANDIDATES JOIN FESTIVITIES {page 3}

SORRY
KANYE STILL FEELING PAIN
SCENE {page 13}



OTTAWA metro®
Tuesday, September 7, 2010
www.metronews.ca

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Another reason to keep kids active

Refundable tax credits ensure low-income parents would benefit **Province to introduce legislation this fall**

The provincial government has proposed a new permanent, refundable tax credit that would make it a little easier for parents to get their children involved in sports, arts and other activities, MPP Bob Chiarelli announced at the Carlingwood YMCA yesterday.

Under the proposed Children's Activity Tax Credit, parents would be able to claim up to $500 of eligible expenses per child.

Physical activities that are eligible for the federal Children's Fitness Tax Credit would automatically be eligible for the Ontario Children's Activity Tax Credit. Supervised, non-physical extracurricular activities that are not part of school curriculum would also be eligible for the new credit, which has the potential to benefit more than 1.8 million children in Ontario.

"We want to make it easier for parents to provide those opportunities by saving them money and helping their budget," said Premier Dalton McGuinty.

TRACEY TONG

Gatineau. Balloon

▶ Michelle and Guy St-Charles soar to great heights yesterday at the Gatineau Hot Air Balloon Festival. Hundreds of thousands of people attended the 23rd annual festival over the weekend. More photos at metronews.ca/local

MARC DESROSIERS/FOR METRO OTTAWA

Piracy

'Catch and release' panned

Canadian Navy told not to arrest pirates unless they're caught in the act {page 6}

The basics of back to school

How to plan your classes, get around the city and more in our special back-to-school section

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Serbian fest offers up tradition

Compared to other ethnic groups, the Serbian community in Ottawa is small, but it is proud and growing.

According to Goran Popjordanov, there are only a few thousand Serbians in Ottawa.

Few of those came before the breakup of Yugoslavia, but many more came to Canada to get away from the civil war that followed the collapse of communism in east Europe. Since then, many Serbians have been coming for the prospect of a better life.

The community held its fifth annual Ottawa Serbian Festival, with traditional singing, dancing and food at St. Stefan's Serbian Orthodox Church on Albion Road over the weekend.

One of the unique food dishes at the festival is the sach.

It is made up of two large cast iron bowls with wood fires lit on top and underneath them.

For hundreds of years, the sach was a mainstay of Serbian cooking, said Krste Mitric.

While the goal of the festival is to promote and share Serbian culture, heritage and tradition, it is also a fundraiser for a new church at the intersection of Prince of Wales Drive and Colonnade Road.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA

▶ Krste Mitric cooks lamb and vegetables in a sach.

Candidates walk in Labour Day parade

Ottawa and District Labour Council has not made a decision on who it will endorse: Official

TRACEY TONG
@METRONEWS.CA

Next month's municipal election could mean a fresh start for workers in this city, said the president of the Ottawa and District Labour Council.

"We've got another month and a half until the election," said Sean McKenny. "We'd like to think that after the election, things will be better. It's really important that workers in this city and city councillors, including the mayor, have good relations. It's what our residents need ... in order to have quality of life in this city.

"The election is an opportunity for us to have some new people around the table that will make contributions to our community that really are in the best interests of the people."

"We're making sure workers are getting the right working conditions for the jobs that they do."
ONTARIO SECONDARY SCHOOL TEACHERS' FEDERATION'S CINDY DUBUE, ON WHY SHE ON PARTICIPATES IN THE PARADE

Hundreds of union workers from the Amalgamated Transit Union, CUPE, OPSEU and other groups, and their supporters and friends participated in the annual Labour Day March and the picnic that followed at McNabb Park yesterday.

It was a day for workers to come together to celebrate their work over the year.

TRACEY TONG/METRO OTTAWA

▶ More than 500 people participated in the Labour Day March yesterday. Ottawa is on record as one of the first cities to hold a labour parade, the first of which was held in 1872.

Busy week for mayoral runs

This week is shaping up to be a busy one so far for mayoral campaigns.

At 9 a.m. today, mayoral candidate Jim Watson will release a major plank of his platform during a speech to the Ottawa New Car Dealers Association at the Ottawa Hunt and Golf Club.

At a press conference at his campaign office at 10:30 a.m., mayoral candidate Clive Doucet will present his transportation platform and highlight key elements of his vision that can be implemented in the next term of council. Tomorrow evening, Mayor Larry O'Brien will launch his re-election campaign at The Heart and Crown's Irish Village. TRACEY TONG

15 Number of mayoral candidates in the city of Ottawa.

METRO OTTAWA FILE PHOTO

▶ Mayor Larry O'Brien launches his re-election campaign at 6 p.m. tomorrow.

News in brief

10 charged in bike bait

PROJECT. Ottawa police charged 10 people as a result of its bike bait project conducted in the areas of the ByWard Market, Sandy Hill, Vanier and Centretown in July and August.

Police deployed a "bait" bicycle in a public area and maintained surveillance.

Ten people face a variety of charges, the majority being theft under $5,000.

TRACEY TONG

Police probe stabbing

CRIME. Police are investigating after a man was stabbed in an alleyway in the area of Waller and Besserer streets Friday night. TRACEY TONG

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small wonders if it's time to worry about a new market bubble. More at metronews.ca/investing

Follow us on Twitter @metroottawa

Experts worry about self-injury trend involving embedding objects under the skin. Scan code for story.

Disease doesn't discriminate: MD affects all

September is Muscular Dystrophy awareness month

TRACEY TONG
@METRONEWS.CA

When Alex Chiabai was two years old, his parents noticed that something wasn't quite right. He was late rolling over, sitting up and standing.

Diagnosed with Duchenne Muscular Dystrophy, Alex, now 10, has trouble keeping up with his peers — unable to run, climb and play sports like other kids his age, according to his mother Debra Chiabai, vice-president of the Ottawa chapter of Muscular Dystrophy Canada.

Chiabai, who is hoping to raise awareness of the disease this month, said few people know that there are more than 100 types of muscular dystrophy, symptoms for which can show up shortly after birth or later on in life.

▶ Alex Chiabai

But with a great support system, Alex is "a pretty lucky kid," she said.

"We have an excellent team at CHEO," said Chiabai.

"The services here in the Ottawa area are very good. We live in a city with a group of world-class hospitals and doctors ... and there is an incredible research facility here for neuromuscular disease."

There's also Muscular Dystophy Canada, which improves the lives of those living with muscular dystrophy through funding research and equipment and providing information, education, peer support and referrals to doctors and specialists.

uOttawa. Frosh

▶ University of Ottawa nursing students play Frisbee while waiting for bands to take the stage at Fedstock in Jacques-Cartier Park yesterday.

TIM WIECLAWSKI/METRO OTTAWA

Rain keeps Frosh Week fresh

Determined to have a good time despite the rain, uOttawa students take part in Frosh Week activities yesterday. 30 Seconds to Mars was the headlining act, and Club Metro was present to welcome the students to a new school year.

Dead man's name not released

Police are continuing to investigate after a man's body was found floating in the Rideau Canal Sunday morning. Although a release initially called the death suspicious, police said yesterday they are no longer treating the death as such.

Police said the victim is a man in his 40s.

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2010 Dodge Grand Caravan SXT shown.§

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2010 Dodge Journey R/T AWD shown.§

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HURRICANE EARL

Some still lack hydro in N.S.

A few hundred customers are still without power in Nova Scotia following the departure of hurricane Earl.

More than 3,000 homes and businesses were without electricity early yesterday but Nova Scotia Power crews were able to reduce the number to just over 300 by nightfall.

More than 200,000 customers had their power knocked out after Saturday's storm blew down trees and power lines across the province.

The storm packed wind gusts of up to 130 kilometres an hour in some places.

Hundreds of employees from the utility have been involved in the restoration effort, with assistance from crews from NB Power.

THE CANADIAN PRESS

Don't catch only to release, navy told

FILE PHOTO/THE CANADIAN PRESS

▶ A member of the naval boarding party stands watch last spring on HMCS Winnipeg, the vessel at the centre of the "catch-and-release" controversy involving Somali pirates.

Planned prisoner-transfer deal with Kenya yet to be finalized

Ottawa was so embarrassed by the "catch-and-release conundrum" involving Somali pirates last year that it ordered the navy not to take any prisoners unless they had a case that would stand up in court, say federal documents.

The policy change happened in the spring of last year and meant sailors would stand aside unless they actually saw the "commission of an act of piracy, or armed robbery generally defined as illegal use of violence" on the high seas.

At the time, the frigate HMCS Winnipeg was patrolling the northwest Indian Ocean as part of a NATO anti-piracy operation.

"Only in situations where HMCS Winnipeg apprehends persons during its current anti-piracy operations and where it believes that sufficient evidence exists that could lead to a prosecutable case" would prisoners be taken, said a May 29, 2009 letter asking Defence Minister Peter MacKay to approve the new policy.

"Where no evidence exists to prove an act of piracy was committed, the expectation is that no detainees would be taken."
LETTER TO DEFENCE MINISTER PETER MACKAY, MAY 29, 2009

The warship made headlines by foiling an attack on a Norwegian oil tanker in the Gulf of Aden and hunting down the pirates on April 18, 2009. But Ottawa believed it didn't have the jurisdiction to prosecute, so the suspects were released.

Experts looked at Ottawa's policy with dismay and pointed to a UN Security Council resolution which called on "all states" with an interest in the area to investigate and prosecute pirates. THE CANADIAN PRESS

Ads aim to shut out salespeople

A new online campaign is encouraging people to ignore the doorbell when salespeople ring it

The "Ignore the Door" campaign, launched Aug. 27 by the Consumers' Waterheater Income Fund, is designed to educate consumers about how to handle door-to-door tactics.

The campaign is the brainchild of a company that owns some 1.3 million water heaters rented out across Ontario.

"We started this campaign because there's an increasing number of people that we're finding that are potentially misled at door-to-door," said Barry Zeidenberg, the company's marketing director.

49 Barry Zeidenberg said that an Angus Reid poll found 49 per cent of people aged 55 and older felt pressured to make a household purchase by door-to-door salespeople within the last five years.

THE CANADIAN PRESS

Afghans got $650K: Report

The Department of National Defence paid just over $650,000 during the course of two years to compensate Afghans for damages and deaths, according to the Receiver General of Canada.

THE CANADIAN PRESS

Body may be missing nurse's

A post-mortem is scheduled for this morning after human remains were discovered over the weekend in a rural area east of Orangeville, Ont., where a nurse has been missing for more than a week.

THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTO

▶ A government sign in Mississippi Mills, Ont.

Tories tracking stimulus signs

Civil servants across Canada were ordered by the Harper government to document every single sign posted anywhere promoting the federal economic stimulus plan, The Canadian Press has learned.

They've spent countless hours tracking every one of more than 8,500 "Economic Action Plan" signs posted since last summer, when the urgent, weekly exercise was ordered by the Privy Council Office, the bureaucratic support arm of Prime Minister Stephen Harper's office.

Eighteen departments and agencies are involved, including the country's over-stretched food inspection agency, fisheries and oceans officials, health, public safety and environment workers and Parks Canada employees.

Opposition critics have repeatedly claimed that the Conservative government is using the 2009 budgetary stimulus package as an ongoing partisan platform to promote the Harper government. THE CANADIAN PRESS

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Kindergarten now an all-day affair in Ontario

- Program's estimated annual costs: $1.5 billion
- NDP: After-hours program unavailable to neediest

Thousands of four- and five-year-olds across Ontario will be starting all-day kindergarten for the first time today, but critics say the government still hasn't figured out the ABCs of the ambitious program.

While the initiative is aimed at putting kids — and the province — on the path to economic prosperity, the implementation "has left quite a bit to be desired," said Annie Kidder of the parent-led group People for Education.

Keeping kids in the classroom longer is a great step, but not all of them will reap the benefits of early learning outside school hours as the province was originally urged to do, she said.

"It's been very messy, I would say," she said.

"It's great that what's there is there, but all the stuff around it is very, very messy."

About 600 schools in Ontario will have full-day kindergarten this fall. Premier Dalton McGuinty promises it will be available to every child by 2015.

The self-described "education premier" forged ahead last fall with the costly project despite the economic downturn and warnings of a record-setting deficit, arguing it would make Ontario more economically competitive.

THE CANADIAN PRESS

After hours

- **Important perk** Parents can pay extra for child care before 9 a.m. and after 3:30 p.m., which would be staffed by early childhood educators. But it won't be offered at all schools.
- **A small minority** The Ontario Public School Boards' Association estimates that only 10 to 15 per cent of schools will offer the after-hours program, with costs ranging from $22 to $30 per child per day.
- **Why so few?** Schools needed to have enough space and demand from parents to offer the program.

Marriage crisis looms as Iraq rebuilds

The war in Iraq has had any number of hidden costs. One that few outside Iraq might notice or even consider a significant problem: More women are finding themselves over 30 and single after seven years of bloody turmoil that made marriage more difficult, killing many young men and blowing apart social networks.

In Iraq's conservative society, women are expected to be married in their teens or early 20s. Women who cross the 30-year threshold and are single face powerful social stigmas and live under heavy limitations.

THE ASSOCIATED PRESS

"No one is really proposing to me since all the men now are looking for a rich or a young bride."

NIDAL HAIDAR, 38, DRESSMAKER

▶ A commuter rides on a rental bicycle in London.

TRANSIT STRIKE

LONDON PREPARES FOR LIFE WITHOUT TUBES

British commuters are bracing for two days of travel disruption as workers on the heavily used London Underground system prepare to strike over proposed job cuts.

Members of two unions were to walk off the job for 24 hours beginning during last evening's rush hour.

The fight focuses on plans to cut 800 jobs, mainly in station ticket offices.

But Transport for London, which runs the Underground, says there will be no compulsory layoffs.

More than 3.5 million people use the Tube daily.

THE ASSOCIATED PRESS

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2011 Jeep Grand Cherokee Overland shown.§

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Union ready for battle over cuts

Cutbacks in public sector could push economy backwards, warns CUPE president

While the private sector bore the brunt of the economic downturn, union leaders are turning their attention to the public sector as deficit-obsessed governments put the squeeze on their workers.

"I think there is the potential for quite a bit of confrontation in the public sector"' said Erin Weir, economist for the United Steelworkers union, which counts 11,000 public-sector employees among its Canadian ranks.

Governments at all levels have warned that public-sector workers won't be immune as they shift their focus from stimulus spending to deficit cutting.

THE CANADIAN PRESS

Mixed views

Pollsters surveyed 2,000 Canadians on the economy in the final two weeks of August.

- **Pessimists** Only 20 per cent of respondents said they believe good times will return in the next 12 months, down from 25 per cent who said so in the last survey.
- **Optimists** However, about 26 per cent said they believe they themselves will be better off financially in a year, with only 14 per cent expecting to be worse off.

Tech. Taiwan

▶ Peter Chou, CEO of Taiwan's HTC Corp., which makes phones that compete with Apple's iPhone.

NG HAN GUAN/ASSOCIATED PRESS FILE

HTC raising profile

HTC Corp., the Taiwanese maker of smartphones, is moving out of the shadows and trying to establish its own brand name as it competes with Apple's iPhone. HTC supplies U.S. carriers but a year ago only one in 10 Americans knew its name. With the help of marketing, HTC says that number is up to 40 per cent.

How much will you spend to save cash?

How do you get penny pinchers to spend these days? Pitch products that promise to save them money.

Demand is rising for kitchen and bath gadgets that squeeze out that last blob of toothpaste and help get the suds out of tiny slivers of soap.

Marketers of these gizmos tout how the pennies they save by reducing waste can add up. Retailers are stocking up.

An open question is whether the truly frugal are too cheap to buy the gadgets that can cost up to $20. THE ASSOCIATED PRESS

RICHARD DREW/THE ASSOCIATED PRESS

▶ The Fizz-Keeper, left, and Bottle Top keep drinks from going flat.

Postmedia cutting jobs

Postmedia Network Inc. confirmed Friday that some of its daily newspapers are cutting jobs in an effort to tighten their operations and refocus on serving an Internet-based readership.

Canada's largest-circulation newspaper chain, made up of the former Canwest dailies, has started laying off some employees and offering voluntary buyouts to others at some of its operations, said Postmedia CEO Paul Godfrey.

He wouldn't give specifics on the overall number of employees that will be affected.

THE CANADIAN PRESS

31 Number of jobs that have been cut at the Calgary Herald. Twenty jobs have also been cut at the Edmonton Journal.

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IT'S TIME FOR THE RELATIONSHIP TALK

She says ...

JESSICA NAPIER

There are two seriously awkward conversations everyone will have by the time they've reached their 20-something years.

The first probably happened around a decade ago when mom and dad sat you down and tried to talk to you about your sex life. As embarrassing as it might have been to listen to your parents wax poetic about condoms, it doesn't really compare to that other uncomfortable exchange you will be forced to have about two months into the beginning of every new relationship. I'm referring, of course, to *The Talk*, when a new couple determines if a given period of dating has successfully resulted in a full-blown relationship.

Before you arrive at this terribly uncomfortable conversation you first get to enjoy a blissfully carefree period of romance. Dates one through 10 are optimistic, lighthearted and generally stress free. However, eventually you begin to realize you might *really* like this person and that's when you start to wonder if he or she feels the same way, too.

"However, eventually you begin to realize you might *really* like this person and that's when you start to wonder if he or she feels the same way, too."

It is generally considered unacceptable to simply blurt out, "So, are you my boyfriend now?" Instead, you are expected to endure a lengthy period of confusion, caught in between being single and being a couple. I like to refer to this agonizing state of unknowing as *dating purgatory*. No one wants to be the first to bring up the c-word (commitment), so this desperately coy game of relationship chicken can go on for a number of weeks, and even months, before someone finally utters those inevitable words, "Where do you see this going?"

Is there a better way to approach this difficult yet necessary dating milestone? While they say timing is everything, my most recent attempt at *The Talk* relied heavily on humour and plenty of wine. After some inaudible mutterings on my part about "being on the same page," he responded with nervous laughter and somehow we eventually reached the conclusion that we were now a couple.

Obviously, there is no cool, mature way to resolve the question of exclusivity. Asking someone if they want to be your boyfriend or girlfriend is possibly the most childish moment in any adult relationship. Perhaps we could all just make things a little easier by agreeing on some sort of standard dating formula. Here's what I'm proposing gentlemen: 10 dates + 4 sleepovers + 1 drunken night out with friends + a toothbrush at her place = boyfriend.

Cartoon

MICHAEL DE ADDER

Dangers of 'digital tattoo'

Worth mentioning

Call it Facebook 101.

Universities across the country are offering workshops, seminars and tipsheets on social media etiquette to new students, warning them of the potential consequences of posting every drunken moment online.

"They should think about what they do online as something they have to be comfortable talking about with their grandkids 50 years from now," said Jason Nolan, an assistant professor at Toronto's Ryerson University.

Ryerson isn't the only school to embark on teaching web etiquette.

The career centre at Toronto's York University offers a workshop to students wanting to learn how to use social media to find jobs, which includes a component on how to present oneself professionally online.

Carleton University offers a similar program through its career centre, and — at the request of faculty members — offers presentations to classes.

At Dalhousie University in Halifax, students who log in to their internal email see an article posted to the web portal about online media titled, "Facebook: Don't Be So Trusting."

The University of British Columbia has dubbed the danger the "digital tattoo."

THE CANADIAN PRESS

Web etiquette

THE CANADIAN PRESS FILE

What is the first thing you notice in the opposite sex?

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Metro Minute at Bruce Pit Dog Park

Dogs love visiting the Bruce Pit Dog Park, but you don't even have to own a dog to get a kick out of watching the crazy canines run wild with each other in this off-leash park located just east of Highway 416 near Richmond Road.

Touted as the best off-leash park in the city, the landscape varies between woods and hilly, to flat and open.

The park is arguably the most sociable place for humans to meet also. While their dogs play together, strangers tend to share pet names, training tips and other dog-related stories.

For more about the Bruce Pit Dog Park, visit brucepit.com/

● TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA

▶ Bruce Pit Dog Park is located east of Highway 416 near Richmond Road.

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Hip-hop star using Twitter to atone for his infamous on-stage brush with Taylor Swift at the MTV Video Music Awards ◐ Grammy-winning says he received death threats and suffered setbacks to his career following the incident

THE ASSOCIATED PRESS FILE PHOTO

▶ Kayne West grabs the microphone from Taylor Swift at last year's MTV Video Music Awards.

Kanye ready to bounce back

Hip-hop star Kanye West is still feeling the pain over his ambush of Taylor Swift last year — and he's expressing his pain all over Twitter.

West unleashed a torrent of emotions on his official Twitter account Saturday, acknowledging once again that he was wrong for jumping on stage, grabbing the microphone from Swift at the MTV Video Music Awards and saying her trophy should have gone to Beyonce.

But the rapper-producer said that he has experienced enormous pain, been the subject of death wishes and suffered tremendous setback to his career.

"How deep is the scar ... I bled hard ... cancelled tour with the number one pop star in the world ... closed the doors of my clothing office," he tweeted.

The multiplatinum, Grammy-winning superstar had been one of the decade's most successful and critically acclaimed stars, despite sometimes boorish behaviour and meltdowns at other awards shows when things did not go his way. However, when he upstaged Swift — the then-teenage darling of pop and country music worlds —the public had had enough.

At the time, he went on Jay Leno's prime-time show to apologize and said he still had not recovered from his mother's death two years prior. He cancelled a joint tour with Lady Gaga that fall, apparently due to low ticket sales.

After the incident, he said, "People tweeted that they wish I was dead ... No listen. They wanted me to die people. I carry that. I smile and take pictures through that."

West said he's now "ready to get out of my own way. The ego is overdone."

THE ASSOCIATED PRESS

Worldwide success not so tweet for K'Naan

It looks like a breakout year has taken its toll on K'naan.

The Somali-born, Toronto-raised hip-hop star took to Twitter on Saturday to come clean over what he felt was a half-hearted performance in Ireland.

"In all my years of touring, today marks the 1st time I've played an entire concert w/out feeling a thing. Just going through the motions," he tweeted early Saturday afternoon.

"I don't wanna be like this. Like 1 of those artists."

K'naan had been in Stradbally, Ireland, to play the Electric Picnic Festival. He was to perform in London yesterday before kicking off a monthlong Canadian tour in Montreal.

He's spent most of the year on the road. His Wavin' Flag was chosen as Coca-Cola's World Cup anthem, so K'naan found himself whisked from continent to continent along with the Cup, performing the triumphant tune — a Top 2 hit in Canada, Austria, Germany, Ireland and Switzerland.

THE ASSOCIATED PRESS

▶ K'Naan

2 scene

In brief

All the speculation about Jesse James and Kat Von D appears to have been on the nose, as the L.A. Ink star says she's in love with Sandra Bullock's ex-husband, People magazine reports. "Jesse is only my ninth boyfriend. I don't hang out with anybody unless I am in love."

METRO

Hitman Clooney's The American wins weekend battle with $16.4M

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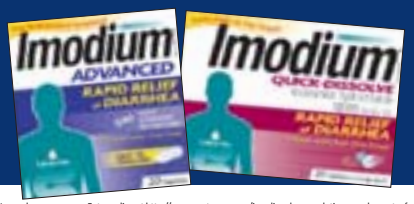

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Don't miss Micmacs

Micmacs
Genre: Comedy
Director: Jean-Pierre Jeunet
Stars: Dany Boon, Yolande Moreau, Dominique Pinon
◍◍◍◍◍

Call Micmacs a secret blockbuster.

This French bonbon is every bit as antic and explosive as those other summer rattlers, but you may have to stray out of your neighbourhood, your linguistic preference and your preconceived notions to find it.

Imagine a Mission: Impossible satire in which the likes of Charlie Chaplin, Buster Keaton and Harold Lloyd are acting as spies.

In this case, it's Parisian street performers, who

seek payback on two French arms dealers. These urban warriors are loyally supporting their new pal Bazil (Dany Boon), whose life has been inextricably and tragically linked to the arms merchants.

Micmacs is directed by Jean-Pierre Jeunet, the mirthful mind behind Amélie. He co-wrote it with Guillaume Laurant, his Amélie co-scribe.

The movie is an amalgam of Jeunet's two personalities: the starry-eyed celebrator of amour and Paris, as seen in Amélie, and the down-and-dirty trawler of the weird and grotesque, as witnessed in Delicatessen, an earlier film Jeunet made with Marc Caro.

This is definitely the only thriller you will ever see where the plot includes Marilyn Monroe's molar and Benito Mussolini's eyeball.

The title, incidentally, is shortened from the French original Micmacs à tire-larigot, an idiom I understand to mean "plenty of trouble." But here's a more direct and urgent statement: You must see Micmacs.

PETER HOWELL

Year of the Carnivore
Genre: Comedy
Director: Sook-Yin Lee
Stars: Cristin Milioti, Mark Rendall, Kevin McDonald
◍◍◍

Sex is a laughing matter for Sammy Smalls (Cristin Milioti), who can't stop giggling when she's wriggling. Blame it on her body-image issues, but it's a deal-breaker for Sammy's busker boyfriend Eugene (Mark Rendall).

Solution? She needs experience, pronto, and sets out to get it the way a bull goes china shopping. Any man with a pulse is in danger of meeting Sammy's newly unleashed libido, whether he likes it or not.

That's the hook for Sook-Yin Lee's decidedly quirky yet endearing comedy that wears its Juno crush like a hickey, and I mean that in a good way.

Milioti is a real find, bringing humour and empathy to a character that might normally summon thoughts of a restraining order.

Sammy is a 21-year-old shop detective at a grocery store. She's good at spotting shoplifters — including one oldster who hides a steak under his hat — but she leaves the punishment to her boss, who metes out summary justice out back.

Of much greater concern of Sammy is her inability to have sex without having a giggle fit, a problem that has prompted exasperated Eugene, a true free thinker, who insists she play the field. Sammy does so in a way that combines work with pleasure, after a fashion.

As creepy and crazy as this scenario sounds, Milioti never loses touche with the audience. Neither does writer/director Lee in her feature directing debut. She's able to get in touch with the needs of a nerdy naïf.

PETER HOWELL

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Metro 101 is your guide to making back-to-school a little less hard to take Inside: Tips on student approved places to hang, quick recipes to curb your hunger and advice for frosh The facts about the sporting rivalry between the Ravens and the Gee Gees

ISTOCK

▶ Welcome to Ottawa, frosh. Your first-year of university means hanging out in your dorm, partying with new friends and having a blast. And of course, school. Enjoy!

No need to sweat the fact that summer is done

DARREN DESAULNIERS
FOR METRO OTTAWA

After an eventful summer of hanging out at the cottage, partying with friends, going to concerts and generally just having a blast, the start of the school year can be a little hard to take, never mind accept.

On the other hand, the school year means hanging out at the dorm, partying with friends, going to concerts and generally just having a blast, once the school work is done, of course.

For students in Ottawa, September rings in new life and new experiences that just have to be … well, experienced.

TIM WIECLAWSKI/METRO OTTAWA

▶ Agora's is the place to get textbooks cheap.

There's no shortage of things to do that don't need to break the bank. Once the tuition is paid, books need to be bought, and this is a proposition that puts the fear of poverty into all who don't know how to do it right.

The Agora Bookstore, at 145 Besserer St., is a student's dream for quality used and inexpensive, school texts. There's always the option of looking at the school bulletin boards for books for sale by students. Both the U of O and Carleton have used book sections in their bookstores and Carleton has the option of renting books.

Once the books are put away, there are several ways of powering down the old think tank, not the least of which is hitting a popular drink tank. There's Oliver's, an institution at Carleton, and 1878 at the U of O, named after the year the school was founded.

La Maison, at 194 Somerset, is popular with the financially challenged because of its intoxicating beer prices. The market offers plenty of options as well for beverages and entertainment, but for something a little closer to home, U of O students need only walk across the street to Father and Sons, at 112 Osgoode.

"Thursday night's are good and a lot of people come for UFC. They like that," said Stephanie Berube, who not only works at F & S, but is also a U of O student.

"Everyone comes here for a good time," added Wafaa Saab. "It's their home away from home."

Just what every student needs.

Go sauce-free

Who needs to get blasted to have a blast? Five fun things that won't leave you with a hangover.

1. Take in a show. There are plenty of establishments that offer entertainment, but committing to drink is not a cover charge. Bands can be enjoyed with a soft drink in hand.
2. If you're a nature buff, Ottawa and the Outaouais have more than their share of beauty. Take a walk along the canal or Gatineau Park, take some nature pictures or just sit in under a tree and read.
3. There are plenty of hot spots throughout the city for the avid, experienced shopper right down to the window gazers.
4. Escape reality on the Silver Screen, not the Silver Bullet.
5. Visit a museum. There are plenty around and most are free at least once a week, usually Thursdays.

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Gee-Gees vs Ravens: Game on

With the Panda Bowl long gone, what do students cheer about? Enter the Capital Hoops Classic

DARREN DESAULNIERS
FOR METRO OTTAWA

FREESTYLE PHOTOGRAPHY/SUBMITTED

▶ 2010 Capital Hoops Classic action.

For 44 years, the University of Ottawa Gee-Gees and the Carleton Ravens faced off in the annual Panda Game to determine bragging rights among the rival universities in the nation's capital.

In 1998, the final edition was won handily by the Gee-Gee's, and it was perhaps that embarrassing 59-17 loss that led, in part at least, to the Ravens folding their football program.

Since then there has been a void as far as "The Big Game" was concerned for the cross-town schools.

There is women's soccer, which always draws some attention, but never had the impact, or the crowds, that the gridiron games had.

Although there have been some close games, the Gee-Gees have never lost to the Ravens in 16 years of head-to-head action posting a 25-0-7 record.

The Garnet and Grey have a long standing hockey tradition that dates back to 1889.

The Ravens, on the other hand, made a comeback to the Canadian university scene in 2007 after a 33-year absence.

In the past two seasons, the Ravens have climbed in the standings while the Gee-Gees have fallen.

The rivalry has not yet been renewed.

Enter basketball. More specifically, the Capital Hoops Classic.

"It's fun. It's great playing in that venue and in front of that size of crowd. It's great for the guys and the atmosphere is electric."
DAVE SMART, RAVENS COACH

For the past four years the two schools have met in men's basketball at Scotiabank Place (formerly the Corel Centre) to give both schools something to get excited about on a cold winter's night.

The Gee-Gees won the inaugural event, but have dropped the past three to the Ravens, winners of six of the past eight national championships.

"It is fun," Ravens coach Dave Smart said.

"It's great playing in that venue and in front of that size of crowd. It's great for the guys and the atmosphere is electric."

As far as the Panda Game making a return: Stay tuned.

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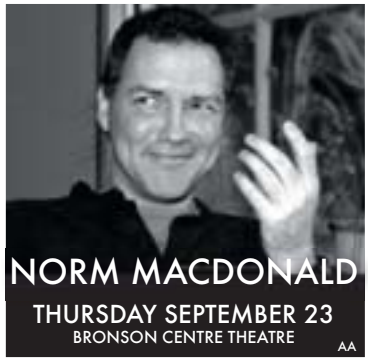

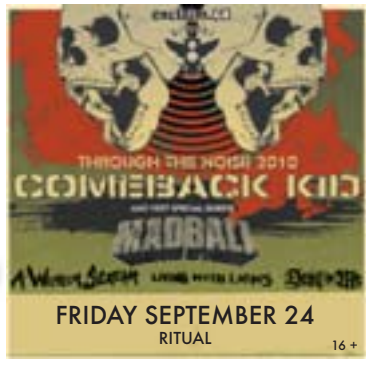

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Back to school in style

Outfitting your dorm room is easy if you know how to shop

KARL LOHNES
FOR METRO OTTAWA

"A desk chair should be comfy enough to do homework, but then act as an occasional chair when a friend visits."

Whether it's a move to a residence or a small off-campus apartment, space is often limited when you're on a student budget, not to mention the difficulty of creating a decor style of your own. Here's a few ideas to create a budget-friendly oasis that will look and function like a million bucks:

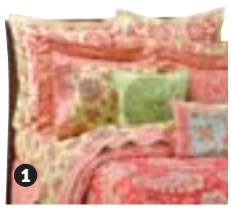
Storage: Over the door hooks can keep laundry, backpacks, purses and bathing totes off the floor and in plain view at all times. An under-bed drawer is a great place to keep extra bedding, sports equipment or out of season clothing. A captain bed with drawers below can replaces the need for a free-standing dresser in the room. A freestanding, over the bed bookshelf is a great addition of vertical storage for alarm clock, books, photo albums, etc.

Double-duty furnishings: A desk chair should be comfy enough to do homework, but then act as an occasional chair when a friend visits; a storage ottoman allows you to put your feet up, acts as an additional perch for friends to sit and of course can be used to hide dirty clothes until laundry day.

Choose decor colours: Think of your favourite colour and use it for accessories in the room. a great starting point is to choose a duvet cover that has your favourite colours. Then choose matching, sheets, throws, pillows, lampshades and area rug that all have those matching colours. Keep the basics like a bed, desk, chair or ottoman neutral enough to last you from year to year.

Use the Internet: Shopping online with Bed, Bath & Beyond is easy; they have the most comprehensive website for back-to-school items and they'll ship anywhere in Canada and have a great return policy. Buying from online classifieds and Kijiji is a great starting point. Look to buy the big stuff like dressers, beds, desks and chairs in the city where you'll be going to school. Buying locally and second hand is a great way to save money and the environment and at the end of the school year simple re-post your finds and make your money back.

▶A stylish student's room with storage and comfort in mind. All furnishings were purchased from online classifieds.



1

2

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*Sale starts August 18, 2010 and ends October 3, 2010. 10% additional discount eligiable only with proof of class enrolment in form of student ID, time table or class list. 10% additional discount ends October 3 2010 and cannot be used in conjuntion with of any other promotion other than Back 2 School Sale 2010. Super Saturdays demos, prizes and giveaways are in stores only and subject to limited quantity on first come first serve basis. Draws are in store only and no purchase is neccesary. See www.wallacks.com or store for sale and prize details. All offers end October 3, 2010.

KIJIJI/SUBMITTED

3

1 BEDDING $160
Full Bloom Comforter Set, Bed, Bath & Beyond.

2 HAMPER $14
Spiral Hamper, Bed, Bath & Beyond.

2 TOTE $19
Mesh Tote, Bed, Bath & Beyond.

Dos & don'ts

- **DO** use ambience lighting. Many residences don't allow for candles to be lit, so an alternative option is to purchase a small light with a low wattage so you can leave it on at night and feel safe coming home to a room that isn't completely dark. LED candles are a safe and wonderful way to create ambience in a room.
- **DON'T** overuse patterns. A lot of pattern in a small space can be overwhelming, so it's best to choose solid colours for larger items. That allows for more patterns to be used in smaller accessories.
- **DO** buy items that are proportionate to your room size. Buying a queen or king size bed might suit your fancy, but it won't leave you much room for anything else in a dorm-style space.
- **DON'T** permanently attach things to your walls. The last thing the landlord wants is for you to drill holes in the walls, so another option is to use Sticky Tack to hang items on the walls or have a free-standing bookshelf to display items rather than a wall shelf.

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Where the smart kids eat

STEVE COLLINS/FOR METRO OTTAWA

▶ Stephanie Wan, 19, tucks into breakfast at Father and Sons.

Returning students dish their dinning discoveries for you

STEVE COLLINS
FOR METRO OTTAWA

Frosh cannot live on pizza and Kraft Dinner alone, so Metro talked to some upper-year students about their picks for good eats on a student budget.

The unofficial breakfast of the University of Ottawa appears to be served at Father and Sons (112½ Osgoode), which has been serving students eye-openers and pub grub since 1967.

"There's always a lineup which always kind of sucks on weekends when you're hungover," said third-year student Sarah Zak, "but it's a good nice cheap breakfast and we go there a lot."

Over at Carleton University, Will Staunton, going into his fifth year, swears by bagels as the fast, affordable sustenance.

"The absolute staple, I think, for university life would have to be Kettleman's Bagels, right across the bridge (912 Bank St.). Fresh-baked bagels, all kinds of flavours, and they're open 24/7. You can't beat that."

When he can't get to Kettleman's, Staunton's on-campus snack of choice is also bagel-based.

"The bagelwich on multigrain with cheese from Roosters (Level 4, University Centre) is just supreme, he said.

"It's just the cheapest and most delicious meal I've found."

In her three years at Carleton, Erica Vincent has developed a taste for sushi. Her favourite place?

"It's at Baseline and Merivale, and it's called Sushi Kan (1440 Merivale Road). I really like it, she said. "That's actually where I'm headed right now."

Several Carleton and U of O students warned first years against dining on campus.

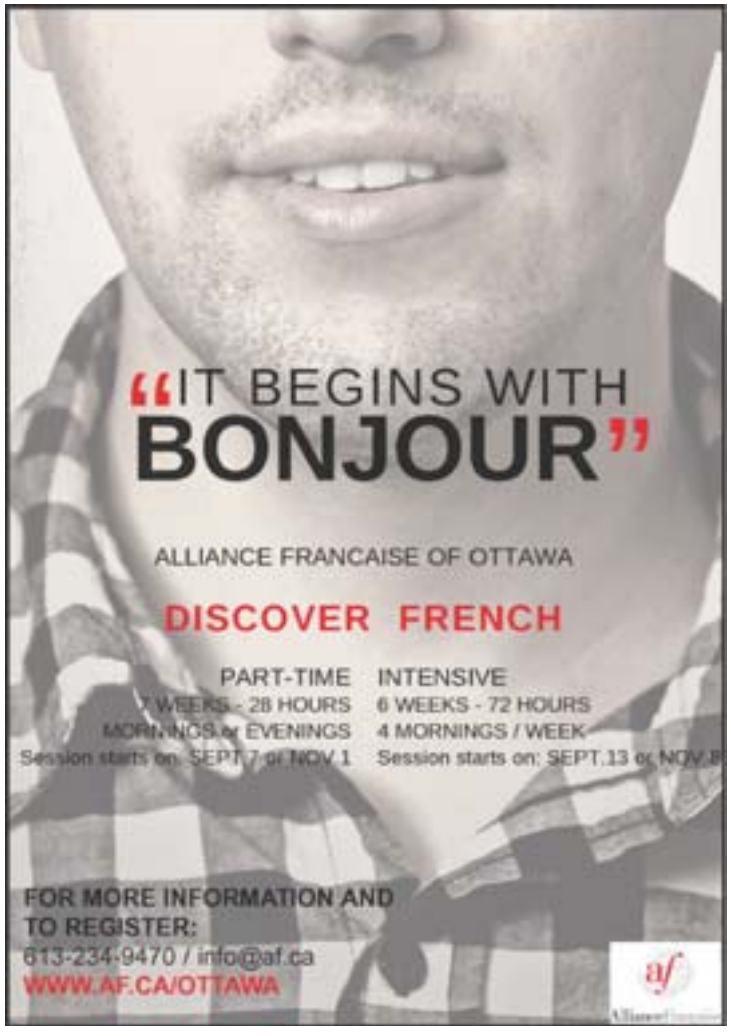
"It's expensive and crappy food," said U of O's Joseph Kipfer.

At Algonquin, however,

246,000
Estimated number of boxes of Kraft Dinner consumed by Canadians daily.

▶ The bagels never stop coming at Kettleman's Bagel Co, open 24 hours.

"The absolute staple, I think, for university life would have to be Kettleman's Bagels, right across the bridge (912 Bank Street)."
WILL STAUNTON, CARLETON



STEVE COLLINS/FOR METRO OTTAWA

in-house options like The Portable Feast (B Building) and 35th Street Market Café (Residence) got some good reviews.

"Off-campus, everyone usually goes to Summerhays (1971 Baseline Rd.) for beer," said Stephanie Forcier, a second-year student at Algonquin. "So that's a good student place on Friday afternoons."

Where would you send froshers?

Cassandra Hargrave
UNIVERSITY OF OTTAWA, 19
My favourite is Thai food and there's a really, really good Thai place down in the market. It's called Royal Thai (272 Dalhousie St.) and it's absolutely the best. I get something different every time I go and they're very good at helping you decide what you want.

Brian Tong
UNIVERSITY OF OTTAWA, 24
The no. 1 thing for cheap eats, but good quality is shawarma. There's two places: Castle Shawarma (178 Rideau St.) and further down there's Shawarma Palace (464 Rideau Street). That's the famous one.

Zeid Fahoum
CARLETON, 19
I would send frosh to The Works (580 Bank Street) or James Street Pub (390 Bank St.) on Monday nights. It's $10 for wings, all you can eat.

Katherine Denley
CARLETON, 27
I eat at home because I feel that the lack of halal options (on campus) is kind of disappointing.

Best of OC Transpo

Four trips for making the most of the bus

STEVE COLLINS
FOR METRO OTTAWA

OC Transpo is the world's largest bus system, but where to take it?

Here are four buses not to miss. All can be caught at the Rideau Centre.

Here comes your ride

OC Transpo routes serving Ottawa's colleges and universities:

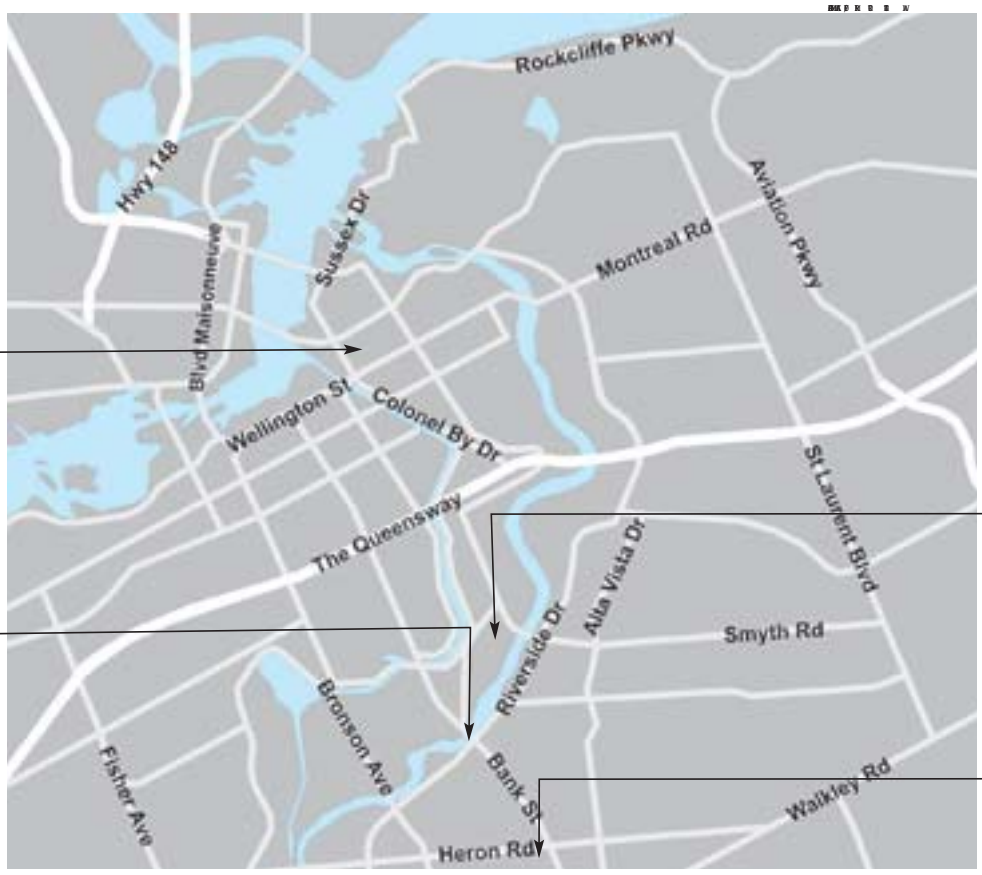
- Algonquin College: 86, 95, 111, 118, 156, 172, 174 and more
- Carleton University: 4, 7, 117, O-Train
- La Cite Collegial: 12, 15, 129
- Saint Paul University: 5, 16
- University of Ottawa: 94, 95, 96, 97, 98 and more

#95

Twenty-four hour service spits you across the city from the east end to Baseline Station. A cheap late-night alternative to cabs, it connects directly to Algonquin and University of Ottawa. This shopping express stops at Place d'Orleans, St Laurent Shopping Centre, the Rideau Centre and College Square.

#2

A comprehensive introduction to behind-the-scenes Ottawa, it turns south on Bank Street after the Parliament Buildings, and then west on Somerset, through Chinatown's restaurants, trendy dining and shopping in Hintonburg and Westboro, and Bayshore Shopping Centre.



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▶ Route #2 passes through the new Chinatown Royal Arch, still under construction.

#403

Got tickets to a Senators game or concert at Scotiabank Place, but how do you get there and back? OC Transpo's "Connexion 400" special event shuttles are your answer.

Skip the traffic and parking nightmare and enjoy the party atmosphere onboard with fellow fans.

#1

This one heads straight south on Bank Street, past Lansdowne Park then through the Glebe and Ottawa South, which feature great shops, pubs and restaurants, finishing up at South Keys for big box shopping and the Cineplex.

TRANSIT

Your ticket to ride

New this year, full time Carleton and University of Ottawa students will be issued a bus pass for the school year, September to April, for $290, which is already included in student fees.

A regular student bus pass costs $73.25 a month. You'll save money if you take the bus at least 23 times in that month.

You can also save on the regular cash fare of $3.25 with two bus tickets for only $2.50.

STEVE COLLINS

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What I wish I'd known

STEVE COLLINS
FOR METRO OTTAWA

Oscar Wilde said that experience is the name that everyone gives to their mistakes.

While this year's crop of newcomers will probably learn some things the hard way, students who survived first year have tips to share.

"It's going to be a lot harder than high school," warned University of Ottawa student Benazir Marquez of the university workload.

"That was the only thing that was really unexpected."

For Matthew King, also at U of O, the administration of your course load can be as important as the courses themselves.

"Plan ahead, consider laying out all your courses for all four years, so you don't get stuck with having six hard classes in your last semester," he advised.

"I wish I had known my professors better, how to choose my courses and time management is the key thing," said Ahmed Ouda, in his second year at Carleton.

"Plan ahead, consider laying out your courses for all four years."
MATTHEW KING, U OF O

"I wish I had known my professors better ... and time management is ... key."
AHMED OUDA, CARLETON

Outside class, many returning students wish they'd spent a little more time at the beginning of

▶ Hurdman Station is a quick connection between Carleton University and the speedy buses of the Transitway.

Are you moneywise?

A recent survey of postsecondary students by Higher One Holdings found:

- Eighty per cent got at least three questions wrong on a financial literacy test
- More than 50 per cent had credit card debt
- More than 50 per cent paid bills late in the past year
- More than 75 per cent saved less than five per cent of their income
- More than 50 per cent saved less than one per cent of their income

in first year

STEVE COLLINS/FOR METRO OTTAWA

"Residence food is disgusting."
CEDRIC BOULET, CARLETON

"It's going to be a lot harder than high school. That was ... unexpected."
BENAZIR MARQUEZ, U OF O

first year getting familiar with their new surroundings.

Second-year Algonquin student Rose Schober said she most wishes she'd known "My way around school.

"At first, especially during the first week, we were always late for class."

Ditto for getting around the city. OC Transpo can take a little getting used to, although drivers and the online trip planner can be a big help.

"I wish I knew the buses a little better," said Alicia Draus, a fourth-year student at Carleton.

"I wish I even knew Hurdman Station existed, 'cause it gets you anywhere in the city really fast. I would always take the really long buses that take 40 minutes to get somewhere you can get in 20 minutes from Hurdman."

Carleton architecture grad Cedric Boulet has only four words of wisdom for frosh: "Residence food is disgusting."

5 ingredients = breaky, lunch, dinner

Breakfast burritos

Ingredients:
- 8 large eggs
- 1 cup (250 ml) light (single) cream
- 4 flour tortillas
- 1/2 cup (125 ml) tomato salsa (or chutney)
- 2 cups (100 g) watercress

Preparation:

1. Beat the eggs and cream in a large bowl.
2. Cook the egg mixture in a large nonstick frying pan over medium-low heat for about 5 minutes, stirring often, or until the eggs form large chunks.
3. Set aside and keep warm.
4. Warm the tortillas in a large frying pan over high heat, one at a time, until they begin to colour.
5. Transfer to a flat surface and spread with the tomato salsa.
6. Top with the scrambled egg and watercress.
7. Fold the tortillas over and serve hot.

Serves: 4
Preparation: 5 minutes
Cooking: 7 minutes

For more delicious recipes visit rd.ca

READER'S DIGEST

Spicy sausage & tomato soup

Ingredients :
- 2 cups (500 ml) vegetable stock
- 2 (14-ounce/400-g) cans chopped tomatoes, with juice
- 8 ounces (250 g) Spanish chorizo sausage, peeled and sliced
- 1 (14-ounce/400-g) can cannellini beans, drained
- 2 tablespoons coarsely chopped fresh thyme

Preparation:

1. Combine the stock, tomatoes, sausage, and beans in a large saucepan.
2. Bring to a boil and simmer gently for 10 minutes.
3. Add the thyme and simmer for 5 more minutes. Serve hot.

Serves: 4
Preparation: 10 minutes
Cooking: 15 minutes

For more delicious recipes visit rd.ca

READER'S DIGEST

Satay beef with rice noodles

Ingredients:
- 14 ounces (400 g) dried rice stick noodles
- 3 tablespoons sesame oil
- 11/4 pounds (600 g) tenderloin beef, cut into thin strips
- 2 red bell peppers (capsicums), seeded and cut into thin strips
- 3/4 cup (180 ml) store bought satay sauce

Preparation:

1. Put the noodles in a medium bowl, cover with boiling water, and soak until softened, 5–10 minutes. Drain and set aside.
2. Place a wok over high heat. When it is very hot, add the sesame oil. Add the beef and stir-fry for 2 minutes. Add the bell peppers and stir-fry for 2 minutes.
3. Stir in the satay sauce and heat for 1 minute.
4. Add the noodles. Toss well and serve hot.

Serves: 4
Preparation: 10 minutes + 5-10 to soak noodles
Cooking: 5 minutes

For more delicious recipes visit rd.ca

READER'S DIGEST

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Dalhousie	Sept 9	2pm - 8pm
St Mary's	Sept 9	9am - 5pm
Ottawa		
University of Ottawa	Sept 6	5pm - 10pm
Carleton	Sept 7	10:30am - 5pm
Toronto		
University of Toronto	Sept 10	4pm - 8pm
Ryerson	Sept 7	10am - 4pm
York	Sept 22	10am - 5pm
Calgary		
University of Calgary	Sept 10	3pm - 7pm
SAIT	Sept 16	11am - 2pm
Edmonton		
Grant MacEwan University	Sept 9	12pm - 5pm
Vancouver		
UBC	Sept 8	10am - 4pm
Simon Fraser	Sept 7	10am - 3pm
BCIT	Sept 7	9am - 3pm

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Travolta drops extortion case

Pair were accused of threatening to release private information after the death of actor's 16-year-old son
Mistrial was declared in earlier trial in October

KEVIN WINTER/GETTY IMAGES

▶ Actor John Travolta and actress Kelly Preston's son Jett died in January 2009 in the Bahamas.

A judge in the Bahamas dismissed charges yesterday against two people accused of trying to extort money from John Travolta after the prosecutor said the actor no longer wanted to pursue a case stemming from the death of his teenage son.

Prosecutor Neil Braithwaite had submitted a motion to drop the case after a jury had already been picked and a retrial scheduled for the two defendants.

"The Travolta family has said that this matter has caused them unbelievable stress and pain and they wish to put this whole thing behind them," Braithwaite said.

Ambulance driver Tarino Lightbourne and his attorney, politician Pleasant Bridgewater, were accused of threatening to release private information about the January 2009 death of Travolta's 16-year-old son Jett at the family vacation home in Grand Bahama.

Lightbourne, who was among the medics who treated Jett, allegedly sought $25 million from the actor with the assistance of Bridgewater, who resigned her seat in the Bahamas Senate after she was charged in the case.

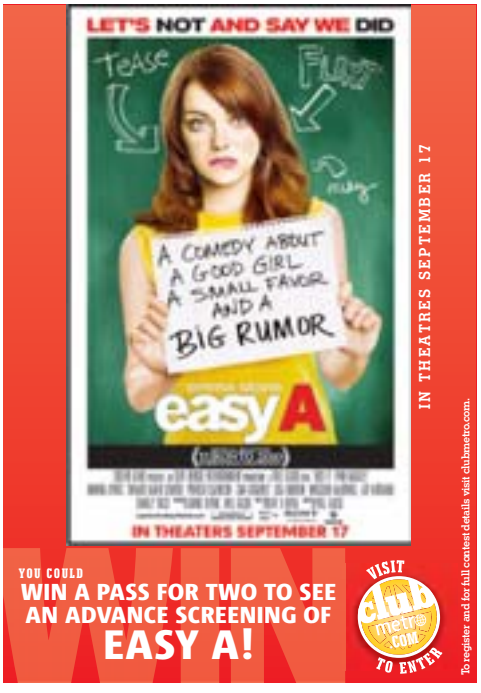
A judge declared a mistrial in October after a Bahamian lawmaker suggested the still-deliberating jury had acquitted one of the suspects.

Travolta had testified during that trial and one of his attorneys said in October that he had been prepared to testify again if necessary. But the actor said yesterday that the delay in prosecuting the case had prompted his decision not to take the stand again

"The long-pending status of this matter continued to take a heavy emotional toll on my family, causing us to conclude that it was finally time to put this matter behind us," he said in a statement to The Associated Press.

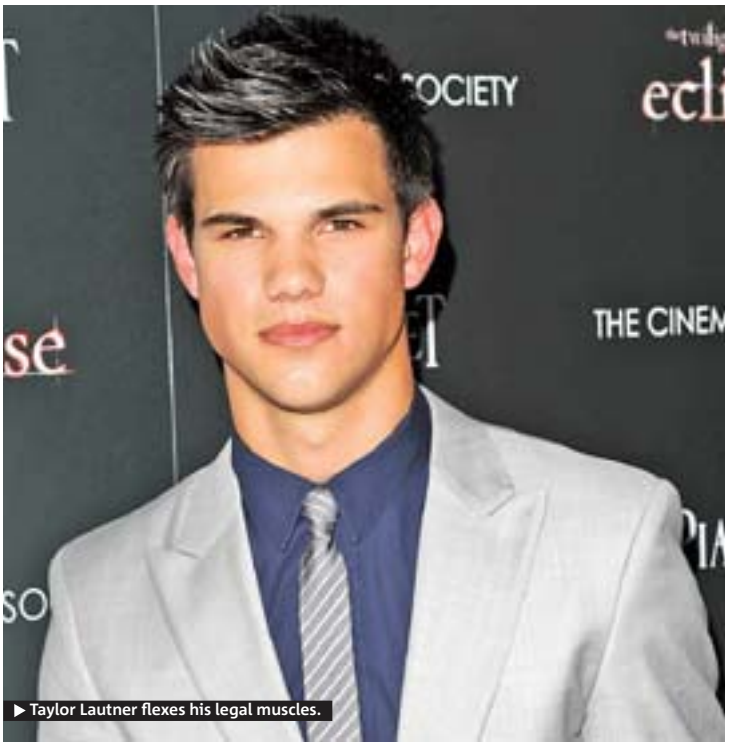
"Therefore, after much reflection I concluded that it was in my family's best interest for me not to voluntarily return to The Bahamas to testify a second time at trial."

THE ASSOCIATED PRESS



RV dealer pays for taking on Team Jacob

Business to fork out $40,000 to Lautner for failing to deliver custom vehicle


▶ Taylor Lautner flexes his legal muscles.

Taylor Lautner came out on top in his dispute with an RV dealership that failed to deliver a custom vehicle for the Twilight star, according to Us Weekly.

"McMahon's RV has agreed to settle its dispute with Taylor Lautner," the actor's lawyer says. "McMahon's RV will pay $40,000 to Lautner, which Lautner will donate to the Lollipop Theater Network, a children's charity with which he has a long-standing relationship."

The 18-year-old Lautner sued the dealership Monday, saying it missed a June deadline to deliver the 2006 Affinity Country Coach for use on the set of the movie Abduction.

Lautner's lawsuit also claimed the RV needed additional work after it was delivered. Barta's statement claimed the vehicle wasn't in a safe, drivable condition when it was handed over.

It was unclear what upgrades Lautner sought. McMahon said the vehicle was given a custom paint job.

McMahon had offered to compete in a push-up contest to solve the dispute.

McMahon and his attorney had denied wrongdoing and had said they will vigorously defend the case in court if Lautner, 18, doesn't accept the challenge.

Lautner's attorney Robert Barta said the challenge was indicative of problems with the dealership.

A phone message seeking comment on the settlement was not immediately returned.

METRO

▶ Lindsay Lohan

Watch out! Lindsay Lohan's behind the wheel once again

Barely a week after getting her license back for the first time in years, Lindsay Lohan is reportedly having trouble behind the wheel again.

Sources say the troubled actress clipped a stroller holding a small child while turning a corner in West Hollywood, according to Radar Online.

"It wasn't super hard, but she made impact and hit them," a source says. "Lindsay pulled to the right, stopped for two seconds, and then just kept going." When contacted for comment, Lohan told the website, "I don't know what you're talking about," before hanging up.

METRO

Talking points

troubles?

REVELATION. Lady Gaga's former tour manager claims the singer was hospitalized six times in 2009 because of eating-related illnesses, according to a new book. "When I say she was sick, I mean physically and mentally," David Ciemny says in Poker Face: The Rise and Rise of Lady Gaga. According to Ciemny, the singer would binge on junk food and then starve herself for weeks to drop pounds and fit into her outlandish costumes.

METRO

Xtina keeps the love alive

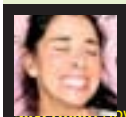
MARRIAGE. Christina Aguilera says that after five years of marriage to Jordan Bratman, nothing has really changed. "Marriage unites you and makes you official, but it didn't change our relationship. All the things like wanting to work hard and play hard — they were always important to us," she tells Cosmopolitan. But that's not to say there's no effort involved on Aguilera's part. "I leave little lipstick marks on the bathroom mirror for when he wakes up, and little notes written in lipstick on the mirror and in the shower," she says.

METRO

Celebrity tweets

Kelly Osbourne [@MissKelly] I made it to the gym!!!!

John Mayer [@johncmayer] I wouldn't say I have to "man up" as much as "girl it down."



Sarah Silverman [@SarahKSilverman] How did I live this long without having seen that Double Rainbow video and it's autotune companion??

Conan O'Brien [@conanOBrien] Just spent all day at Legoland. It was so much fun, next time I think I'll bring my children.

Jean still sore over Penn stand

REVELATION. Wyclef Jean is apparently still bristling from Sean Penn's decision not to back the singer's bid to be president of Haiti.

Appearing on Larry King Live recently, Penn said, "One of the reasons I don't know very much about Wyclef Jean is I haven't seen or heard anything of him in these last six months that I've been in Haiti."

Jean struck back recently during a concert in New York, updating his song If I Was President with the line, "I got a message for Sean Penn, maybe he ain't see me in Haiti because he was too busy sniffing cocaine."

METRO

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3 life

New brand

Baby carrot farmers are launching a campaign that pitches the little, orange, snacks as fun and naughty — just like junk food. A group of 50 producers hopes the "Eat 'Em Like Junk Food" effort starting next week will double the $1 billion market in two or three years. The goal is to get people to think of baby carrots as a brand they can get excited about — not just a plain, old vegetable. A website, babycarrots.com, features metal music and deep male voices chanting "Baby. Carrots. Extreme." On social networking site Twitter, the campaign's account suggests people eat them "like there's no tomorrow (maybe there won't be...)"

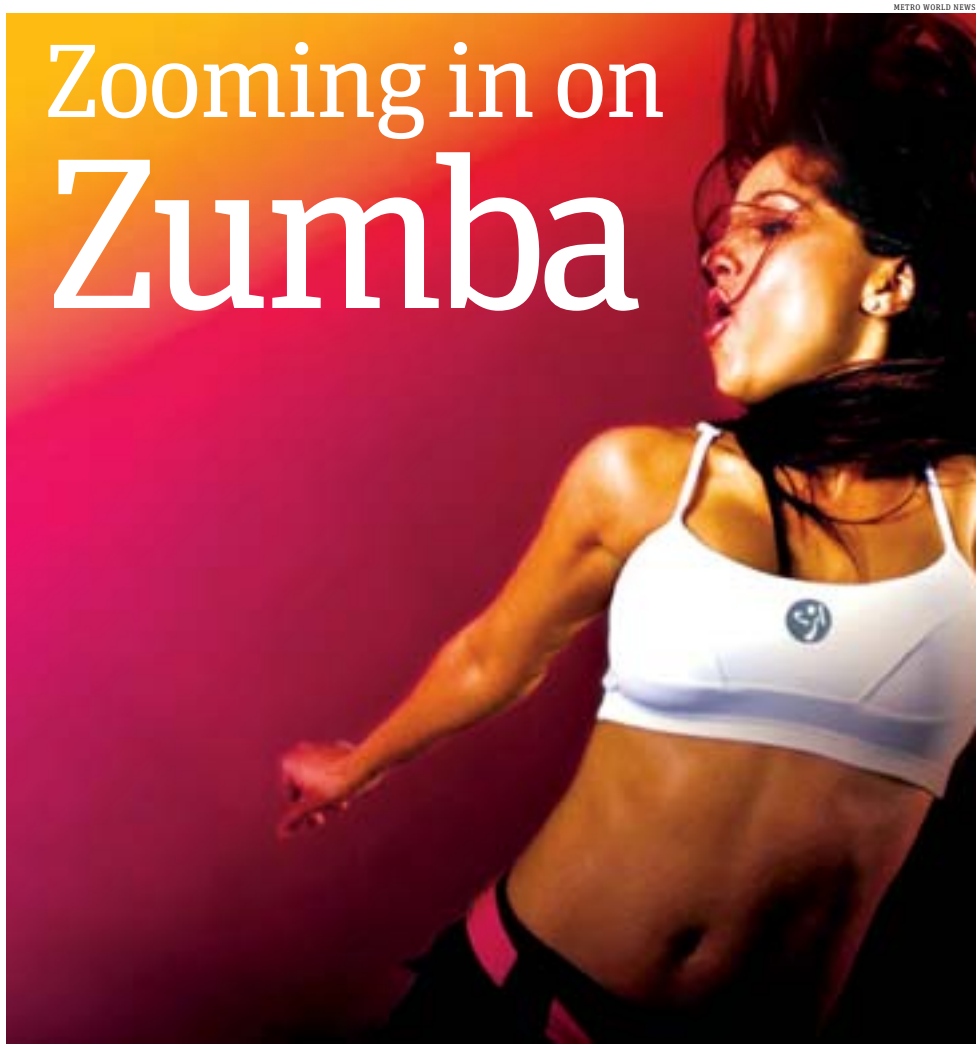
THE ASSOCIATED PRESS

Is your kitchen clean?

An international dance and cardio workout integrating both Latin and Asian moves, Zumba is the moving proof that there can be some science behind the best and wildest of parties Metro speaks to Zumba instructor Julie Kelly about how to get into the heat and heart of this exotic workout.

Zooming in on Zumba

METRO WORLD NEWS



Get the party started

Zumba moves are relatively easy therefore allowing the focus to remain on building up energy and finding a rhythm.

"There's a real party feel to it," says Kelly. "It's exercise in disguise and by the end of the class everyone is drenched in sweat. It reshapes your core and you start seeing definition lines in your body you didn't know you had. It works the bum, the thighs, the belly, the waist, the arms-everything."

McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Zumba combines moves from salsa and tango over to merengue and belly dancing.

A class will have you swirling, squatting and swerving your way around your body and leave you smiling and sweating.

A cardio vascular exercise in disguise, Zumba carries huge benefits for the heart and is as instructor Julie Kelly describes, a form of "intermittent training."

"As you go from one dance move into the next, your heart rate goes up and down in a curvy line," she says. "This gives you time to recover in between moves and the ability to last throughout the entire workout."

Alongside its cardio benefits, Zumba also works on the core area, toning and defining stomach, arms and leg muscle. It also focuses on improving flexibility as engaging the hip and pelvic muscles and the lower back.

▶ Show off your sexy spins and moves.

"Men come to Zumba class as the flexibility work improves their golf swing," says Kelly.

"The underlying sexiness of Zumba gives people the permission to move in ways they normally wouldn't, great for building self-esteem and body confidence and highly empowering."

The flowing pace allows people to mindlessly burning calories, great for weight loss.

Zumba is unique in that one class can require you to perform belly dance moves where you must engage your core and lower back, followed by the salsa figure eight and lunges.

"We integrate the essence of Latin and (Asian) moves into the fitness," says Kelly.

"Salsa, flamenco, Indian bhangra, tango … they all require hip movement and core strength. We do some salsa squats and side steps that are more focused on aerobics and great for toning up the legs. We also have this one move whereby we use the rib cage to swerve the hips into a figure of eight, great for trimming the waist."

Dealing with effects of neurofibromatosis

One woman suffering from NF shares her story to help others dealing with the affliction

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO NEWS

ISTOCK PHOTO

▶ It is estimated that 11,000 Canadians suffer from NF.

"People have no idea what NF is," says Christine Maunu.

She is a 33-year-old market researcher in Toronto who suffers from neurofibromatosis (NF). People who have NF develop benign tumours, which can grow along the nerves anywhere in the body or on the skin. It is often inherited, but in Maunu's case, it came out of the blue.

She first noticed bumps on her torso when she was about 14 years old. This is typical of NF; the diagnosis is often made in young people.

Maunu is one of about 11,000 Canadians who are living with NF. It is one of the most common genetic disorders, far more common than cystic fibrosis or Huntington's.

As she got older, she noticed more and more bumps. When Maunu was in her 20s, she started doing online research about NF and became scared. Some of the possible results of the disease are a shorter lifespan, blindness, deafness, learning disabilities, curvature of the spine, and painful tumours. Many with the disease decide not to have children because each child has a 50/50 chance of acquiring the disorder.

"This was one of the most upsetting moments of my life," says Maunu, choking back tears as she remembers the research. "I was crying. I thought I was going to die."

Ten years later, Maunu is much healthier than she thought she'd be when she was in her darkest hours. She works full time at Metro Toronto, and has no problem being active. She's brave enough to tell her story, hoping to raise awareness about the disorder and thereby help others with NF who feel isolated and misunderstood.

Incident

Shunned on the bus

Dealing with NF Christine Maunu has small bumps from NF on her arms. She often wears long sleeves, but this summer has been hot, so she's been wearing short-sleeved shirts. Recently, she was sitting on a bus and someone was about to sit beside her. The other person noticed the bumps on her arms, looked disgusted and went to sit somewhere else. Maunu decided to share her story with readers of Metro. She also volunteers for NF Canada, an organization dedicated to improving the lives of Canadians living with NF. It relies on donations to help ease the emotional and physical suffering of those with NF.

PARENTING

Canadians too lenient?

It's not your imagination. Canadian parents are more lenient with their teenagers than parents in other countries.

Researchers at the University of Montreal, along with colleagues from France and Italy, compared how strict parents are with their teenagers in the three countries.

Several hundred teenagers in each country were asked to describe their parents according to emotional bonding, communication, frequency of conflict, rules, discipline and tolerance of activities with friends. Results showed Italian parents are the most strict and likely to take action when rules are broken. Canadian parents, on the other hand, are the most tolerant, with fewer rules and disciplinary actions. Parents in France were somewhere in the middle. ● CELIA MILNE

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Get fit unknowingly

5 ways to work fitness into your day-to-day life

ROMINA McGUINNESS
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Here are some quick tips to stay fit on the go in your daily life.

1 Use the stairs. Try and use the stairs as much as you can. Whether it's getting in and out of buildings, walking to the bus or getting to your office floor. Forget elevators and escalators every once in a while and use your legs.

2 Go the extra mile. Get off the bus or subway one or two stops earlier and walk that extra stretch. It may not seem like a lot but doing this twice a day every day will add up the amount of steps you take.

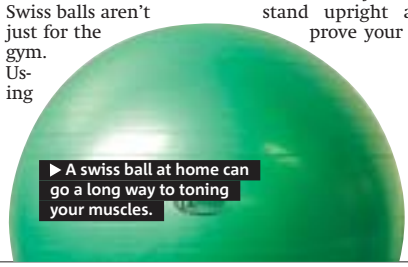
3 Go for a big shop. Carrying your grocery bags home instead of loading everything in a bag or a basket will have a similar effect as weight lifting.

4 Go on the coffee run. Instead of seeing the coffee run for those around you as a chore, see it as the perfect excuse to go for a brisk walk outside and some fresh air.

METRO WORLD NEWS

▶ Carrying your groceries home is a good way to tone your arms.

5 Invest in a Swiss ball. Swiss balls aren't just for the gym. Using one for as your desk chair will actually help you stand upright and improve your posture.



▶ A swiss ball at home can go a long way to toning your muscles.

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NOW THAT THE KIDS ARE BACK IN SCHOOL, DID YOU FORGET ANYTHING?

For the parents, particularly of smaller children, it seems like vacation has just started! The kids are back in school!

We all know how hectic a time it can be as we prepare to send them on their way with all of the supplies schools ask for. And if we sent them off to university, we know the impact that can have on the wallet as well!

Regardless as to whether it was Grade 1 or 4th year university, we just want to make sure you sent them off in good health…particularly good dental health. And that you have given them the tools to look after themselves.

So let's think about it. If your child participates in sports, have you protected their teeth with a mouth guard? You can go with one that is purchased from a store. Some of them are pretty good and are certainly better than nothing.

But if you want to maximize the protection, a custom made mouth guard is the best option. It is molded to fit your child's mouth rather than a simple approximation based upon age. And the better the fit, the better the protection.

Yes, a custom-fitted mouth guard made by your dentist will be more expensive than one you buy in a store. But it is a lot less expensive than the cost of restorative dental work that may be necessary in the event of a sports injury to the jaw!

Dr. Wayne Perron
Dental Surgeon

Of course, if you have a mouth guard, make sure you have a hygienic way to store it when it is not in use. Harmful bacteria can build up on a mouth guard and you want to make sure it is properly cleaned and stored after every use!

If your child went off to university with only one toothbrush, perhaps it is not too late to send some extras in the mail! Think about it…a toothbrush is not meant to last forever. Over time, the bristles weaken and the brush is just not as effective at cleaning.

But between studying, attending class and yes…partying, is it unlikely that your university student will think of buying a new toothbrush!

So have them ready in advance with extra brushes. Tell them to change every couple of months, or right away after they have a cold! No point in letting those cold and flu germs stay in the house by staying on an old toothbrush.

Don't forget, if you have a dishwasher, you can remove many of the germs and bacteria from your brush by running it in the normal cycle with your dishes.

If you ran out of time to have your child visit the dentist before school started, just remember…better late than never! If they are still at home, schedule an appointment now. If they are out of town, schedule one for when they come back. That way, they can have their teeth checked out in between washing all that dirty laundry!

These are simple tips to help make sure we protect our children's teeth by tackling problems before they arise. Because preventing oral health problems from developing is a healthy habit…and healthy habits lead to healthy lives.

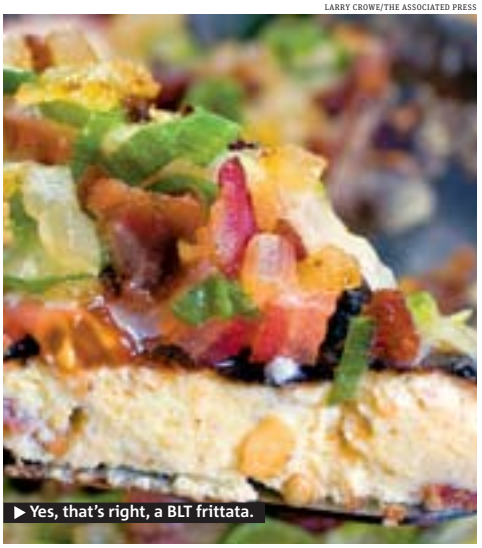
Dr. Wayne Perron
- Dental Surgeon

BLT in frittata form

Is there anything a BLT can't inspire? It's been turned it into a pasta dish. It's been made it into a jam. It's been done as a salad. Even as a soup. And now … we give you the BLT frittata.

OK, it isn't a direct correlation. This recipe tops a basic egg frittata with bacon and tomato. Lettuce seemed a poor choice for anything that lands under a broiler, so the recipe goes with another green — chopped scallions. A healthy toss of grated manchego cheese helps tie it together. The result is a fast and easy flavour-packed dish that is ready for dinner duty. And if you want to lighten it up, just substitute turkey or chicken bacon and cut back or eliminate the cheese.

LARRY CROWE/THE ASSOCIATED PRESS



▶ Yes, that's right, a BLT frittata.

Ingredients :

- 6 large eggs
- 50 ml (1/4 cup) fat-free half-and-half (or milk)
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 125 g (1/4 lb) bacon, cut into small pieces
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) garlic powder
- 1 large or 2 medium tomatoes, thinly sliced
- 250 ml (1 cup) grated manchego cheese
- 1 scallion, thinly sliced

Preparation:

1. Heat oven to broil. In a medium bowl, combine eggs, half-and-half, salt and pepper. Whisk well, then set aside.
2. In a large, oven-safe skillet over medium-high, cook bacon until just crisp, about 5 minutes. Add onion and garlic powder and saute for another 6 to 8 minutes or until onion begins to brown. Transfer half of the bacon and onion to a small bowl and set aside.
3. Return skillet with remaining bacon and onion to medium heat. Add eggs to skillet, stir to mix in bacon, then let cook until the bottom has set, about 5 minutes.
4. Remove skillet from heat. Arrange tomato slices over top of eggs in an even layer. Sprinkle cheese over tomatoes, then sprinkle scallions and reserved bacon and onions over it.
5. Broil on oven's lowest rack for 1 to 2 minutes or until the cheese is melted and lightly browned and the egg is set through the centre.

THE ASSOCIATED PRESS

Liquid Assets

Final BBQ days are upon us

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Like it or not folks with Labour Day come and gone, the end of summer isn't far behind. That doesn't mean we can't party like it's 1999; especially when there's still some prime barbecuing weather left. I'm keen to grab some red meat and a little chicken and take advantage of every cooking alfresco day I have left.

My choice grilling grape mate is malbec, but rather than choose one from Argentina (where the berry is king) think neighbouring Chile and the Concha y Toro 2009 Casillero del Diablo Malbec ($12.95 - $14.23). It's got more up-front fruit and soft, dry tannins than most of its competitors next door; finishing with some nice, light licorice and black pepper.

For a BBQ white I'm all over chardonnay. The grape's got the body and personality to make nice with both red and white meat with the Sterling Vineyards 2009 Vintner's Collection Chardonnay ($14.95 - $15.25) from California's Central Coast a winning combo of butter, green apple, tropical fruit, banana, coconut and butterscotch.

Prices reflect the range across the country. Some products may not be available in all provinces.

ADVERTISING FEATURE

Committed to Quality

Ron Versteeg, 49, works on his dairy farm seven days a week and he plans to keep it up for another 20 years. When you're part of an industry you believe in, it's easy to stay motivated.

"I love my job," says Ron, a third-generation farmer and resident of Russell, Ontario near Ottawa. "My work helps make Canadian dairy products the best in the world, not just in terms of purity and quality, but taste, too."

Ron's high-tech, highly regulated operation would shock an old world farmer like his grandfather. He owns 210 heads of cattle, each housed in a sand-bedded stall. His farm milks 100 of them every day—three times each. Speed is important, but cleanliness matters most. "We clean the cow's udders beforehand and dip the teats in iodine immediately afterward to prevent contamination," Ron explains. "The milking itself takes about five minutes."

Ron's family owns a 'closed herd'; meaning they don't milk cattle they haven't raised themselves. They also grow all the hay, soybean, corn and cereals needed to feed the herd. This allows Ron maximum quality control over his operation. Even if something escaped his attention, dairy industry procedures would be there to catch it. "The milk's picked up every day," says Ron. "The transporter tests it on the spot, and it's tested again when it arrives at the processing plant. If it reaches your table, you can be sure it's safe."

The '100% Canadian Milk' symbol, displayed on hundreds of dairy products, signifies that all proper procedures have been followed. For Ron, though, it means even more: "When Canadians choose to buy products made with 100% Canadian milk, they are purchasing the finest milk Canadian producers have to offer. But they can also feel good knowing they are contributing to the local economy in more ways than one. Through the support of Canadian consumers, I was able to build a new barn, a project that allowed me to employ 20 local workers for almost a year."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

MARTHA IRVINE/THE ASSOCIATED PRESS

▶ Ariana Kramer, left, follows her mother as they shop for supplies in Iowa City, Iowa, where she is beginning her freshman year.

Goodbye mother, goodbye father: Student send-off may be harder for parents

The hour when Ariana Kramer will begin her college career is fast approaching — and her parents are in an office supply store, disagreeing about hanging files, of all things.

"She'll need them," her mother says.

"I don't think so," her dad counters.

Ariana, meanwhile, walks dreamily through the store, offering no opinion on this particular decision. She is, in fact, confident that she will have what she needs when she starts her freshman year at the University of Iowa.

She has mom, the family organizer, with her, and dad, the calm encourager. And they have "the list,"

"I'm supposed to shed a few tears and then send her to the world, right?"
ROBIN KRAMER

which mom printed from one of those "what-you'll-need-at-college" websites.

New laptop. Check.

Comforter with matching sheets. Check.

Laundry detergent. Body wash. Antacid.

Check. Check. Check.

Mind you, Robin and Paul Kramer aren't those crazy college parents — not like the mother who, as relayed by one dean of students at one California college, stayed in her daughter's dorm room with her for four nights to help her adjust (until the daughter's roommate complained).

Nor have they ignored barricades intended to keep parents from trying to register for classes for their children, or crashed student-only orientation events, which officials at universities say happens more and more.

Still, even for average parents, the letting go is difficult — more so, they and many others say, than it was for parents of college-bound freshmen in decades past.

Robin Kramer recalls how her own parents, who never attended college, dropped her off with a trunk full of belongings at Drake University, also in Iowa, in 1978. She set up her room and attended orientation without them there. "It's just what you did then," she says.

It was much the same for Paul, whose father took him to the University of Wisconsin in 1977 and then went fishing. "It was a culture shock," he says. "I wasn't sure I was going to survive."

Perhaps that is part of what makes this "process of leaving," as Robin calls it, more difficult.

It is, all at once, overwhelming and exciting for everyone involved.

THE ASSOCIATED PRESS

LOVE FINDS A WAY

▶ Kevin and Eileen first met at university.

How We Met: Kevin & Eileen

Names: Kevin, 32, and Eileen, 30

Hometown: Toronto

Together since: 2004

Their story:

"I (Eileen) first saw Kevin while I was doing my undergrad at the University of Western Ontario. He would wait outside my economics class for an "accidental" run in, but it never ended up happening. Then he found out that I was roommates with one of his friends from high school. He asked her if I was single — I was not. And then he discovered we were all going on vacation to Mexico for spring break. He tried to get invited — he was denied. He kinda became my friendly, neighbourhood stalker. We officially met in my third year of university (his fourth) at a party thrown by a mutual friend. I loved his sense of humour and I thought he was absolutely gorgeous, but I was dating someone else at the time. The timing was just off. Fast-forward three years to a friend's birthday party at a bar in Toronto. I spotted Kevin and he looked familiar to me, but I just couldn't place him. He knew a lot about me and I was embarrassed that I couldn't remember meeting him. He was charming and sweet and we (finally!) hit it off instantly. We were also both single and we began dating. Two years later, we got engaged and then married the following year."

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'Your call is very important to us'

We've all been there, waiting on hold at a dreaded call centre Here are some tips to survive the ordeal

Benjamin Franklin would have hated telephone call centres. I can just see him drumming his fingers as he waited in the queue to talk to a utility, bank, discount broker or cellphone company muttering, "time is money."

Ben's comment won't change the call centre culture but here are a couple of suggestions about how to get value from your wait.

▶ Stuck listening to the looped call centre music?

• Make a list of the questions you want answered. The longer you wait the more likely you'll forget what you're waiting for.

• Wear earphones or use the speakerphone leaving your hands free to do something useful. This also eliminates telephone ear.

• File! Bills, statements, invoices. All that boring essential stuff.

• Answer emails. But take care as you can be distracted by music or a radio loop on the line. Re-read e-mails carefully before you hit send.

• When you're connected to a real person, get their name or ID number and, if possible, a call back number in case you're disconnected.

• Don't waste time if you're getting nowhere, ask for a supervisor. They have a more authority to solve problems.

• Take notes. This is essential and has saved my bacon several times. Recently I had a disagreement with a U.S. home security company. Based on my notes I was able to convince a supervisor to review their call tapes. I prevailed and saved a couple of hundred dollars.

• If the issue relates to a contested bill or incorrect service plan ask that the operator read back his or her notes. I did this with my Internet provider and the notes bore little resemblance to our conversation.

• Make sure your battery is charged up. There is absolutely nothing worse than having a phone die after you've sat in a phone queue for ages.

• Don't lose your temper no matter what the provocation. Many companies allow operators to end a conversation if the client becomes angry.

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Wishful thinking

Things I'd like to see from companies that use call centres:

▶ After a wait more than ten minutes and you get $10 deducted from your next bill. After 15 minutes it becomes $20, etc.

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Study examines reactions to stress

TIM WIECLAWSKI
@METRONEWS.CA

It seems obvious today that biological factors have a strong effect on a person's mood, but 35 years ago, when Dr. Hymie Anisman started examining the issue, nobody really knew what those factors were.

There's a whole cascade of them, said the professor at the Institute of Neurosciences at Carleton University who is studying the conditions that increase vulnerability in stress-related illness, and depression in particular.

One of the interesting findings they've made recently is the performance of a certain set of neuro-receptors that help regulate the body.

In a healthy brain, certain chemicals will go up while others go down in equilibrium depending on their stress level.

What they found from doing autopsies of depressed people who have committed suicide is the coordination of those chemicals is gone, said Anisman.

It's like an orchestra where all the instruments are playing at different speeds, he said.

By studying mice, they have found that timid, easily-stressed mice showed a higher fluctuation of those chemicals than more mentally robust mice.

The likelihood then, said Anisman, is that a person who is already vulnerable to depression due to genetic and early life experiences, is more likely to eventually develop an imbalance in those chemicals.

Right now the best treatment people experiencing post-traumatic stress disorder is for them to avoid that stress in the future.

Anisman, said he hopes his research will eventually lead to drug treatment that could help rebalance the regulating chemicals when they become imbalanced.

TIM WIECLAWSKI/METRO OTTAWA

▶ Dr. Hymie Anisman is a Canada Research Chair in Neuroscience and professor in the Institute of Neurosciences at Carleton University.

Carleton U's new energy

A dozen graduate students will study the art and science of green power in new sustainability program

STEVE COLLINS
FOR METRO OTTAWA

Carleton University is harnessing more brain power for green energy policy and technology with its new master's program in Sustainable Energy this fall.

Students will specialize in either policy or engineering, but also receive a grounding in the other field.

Assistant Professor Stephan Schott, program coordinator on the policy side of the program, said grounding students in both disciplines is key.

"We have some technological fixes that would reduce dependence on non-renewable fossil fuels and reduce emissions … but that's not enough," he said. "We also need to deal with the policy side, what is politically feasible, how can we make behavioural changes, lifestyle changes. So we thought with this program we could put the two together, so that we teach engineers more about the policy side and also policy students more about the technological possibilities."

Schott said interest in the program is strong, and even though the Ontario College of Graduate Studies didn't approve the program until July, about a dozen students are expected this fall. In the future, the school hopes to offer places to 24 graduate students.

The program will take advantage, Schott said, of pre-existing research at Carleton into solar technology, carbon capture and other sustainable energy technologies.

Three-in-one

Carleton's master's in Sustainable Energy program offers three fields of study:

- Sustainable Energy Policy: Associated with the MA degree of the program, it focuses on the public policy dimensions of sustainable energy problems. The second and third fields are associated with the MA.Sc and M.Eng degrees.
- Mechanical Energy Conversion: Permits students to acquire knowledge of design, development, implementation and improvement of energy conversion methods and systems associated with sustainable generation, distribution and consumption of energy.
- Efficient Electrical Energy Systems: Focuses on advancement in the design and optimization of systems employing electrical power.

ISTOCK

▶ Carleton University is offering a new Masters program in Sustainable Energy this fall.

Going the distance online at Athabasca

NANCY BURT
FOR METRO CANADA

One of my proudest achievements was receiving a Master of Arts degree in my 50s while working full-time in a stressful administrative position at Humber College.

As Humber started offering degree level programs a few years ago, I was strongly encouraged to get a post graduate credential — a daunting prospect for an already over-worked professional.

But I found it was not only possible, but stimulating and actually enjoyable by doing it online through Alberta's Athabasca University.

I did it over a few years, one course at a time, all year round. I loved my professors and virtual classmates — I still have friends I've never met in person — and I couldn't believe how much I learned.

It takes dedication and a desire to succeed, but for me it was much easier than attending university classes at night.

Online learning is best through an institution that specializes in distance education because they make the coursework truly interactive and fun.

But be warned, it is more rigorous than face-to-face learning because you write everything including class discussions, group work seminars, research essays, and that final major thesis project. It certainly helps if you like to write.

Would I recommend it? Absolutely!

Top-seeded Woz on to the next one

AL BELLO/GETTY IMAGES

▶ Caroline Wozniacki celebrates match point against Maria Sharapova yesterday.

Wozniacki beats mistake-prone Sharapova to reach quarter-finals

Forehands, backhands, big serves. Caroline Wozniacki got almost everything back yesterday, frustrating Maria Sharapova in a 6-3, 6-4 victory to advance to the quarter-finals of the U.S. Open.

Top-seeded Wozniacki won the way she always does — by chasing down hundreds of balls and forcing the other player into making mistakes.

The 14th-seeded Sharapova, trying to return to the quarter-finals at Flushing Meadows for the first time since winning it all in 2006, fought for longer than any of Wozniacki's opponents to this point. But as the pressure of Wozniacki's consistency built, the hard-hitting Russian went for even more, with limited results.

Sharapova wound up making 36 unforced errors. Wozniacki finished with 10 in what was, by far, her biggest challenge of the tournament thus far.

"I knew it wasn't going to be easy," said Wozniacki, who lost to Kim Clijsters in the final last year. "I got a lot of experience from last year, so it definitely helped me today."

Wozniacki improved to 18-1 since Wimbledon and stretched her winning streak to 12 matches. Through her first four U.S. Open matches, she has lost a total of 10 games. Maybe most impressive, though, is this stat: She's made 40 unforced errors, compared to 123 by her opponents.

The Dane, ranked second in the world but seeded first because of Serena Williams' withdrawal, eliminated what is largely considered her toughest opponent remaining on her side of the draw.

THE ASSOCIATED PRESS

Quarters

- Next up, "Woz" plays 45th-ranked Dominika Cubulkova, who defeated No. 11 Svetlana Kuznetsova 7-5, 7-6 (4) earlier yesterday.
- The other quarter-final on that side of the draw will be No. 31 Kaia Kanepi of Estonia against No. 7 Vera Zvonareva, who overwhelmed 38th-ranked Andrea Petkovic of Germany 6-1, 6-2 last night.
- Third-seeded Novak Djokovic reached the men's quarter-finals at the U.S. Open for the fourth consecutive year by outclassing No. 19 Mardy Fish 6-3, 6-4, 6-1.
- Fish's exit leaves one U.S. man in the tournament, No. 20 Sam Querrey, who is in fourth-round action today against No. 25 Stanislas Wawrinka.

4 sports

Quoted

"It's every quarterback's dream to be a starter in the National Football League. My number is called now and I'm going to have fun with it."

DENNIS DIXON, ON BEING PICKED TO START AT QUARTERBACK FOR THE PITTSBURGH STEELERS.

CHRIS YOUNG/THE CANADIAN PRESS

▶ Ticats defensive back Jason Shivers celebrates his interception yesterday.

Ticats triumph over Argos in Ontario battle

Markeith Knowlton and the Hamilton Tiger-Cats continue to beat up on the East Division.

Knowlton blocked a punt, then recovered it in the end zone late in the first half to lead the Hamilton Tiger-Cats past the Toronto Argonauts 28-13 before a raucous Ivor Wynne Stadium sellout of 30,319 on Labour Day.

Hamilton (5-4) moved into a second-place tie with Toronto (5-4) in the East Division with its second straight win over its arch rivals and fourth straight overall for the first time since 1998. More importantly, the Ticats clinched the season series with the Argos, meaning they'll finish ahead of their rivals if the two teams end the regular campaign tied.

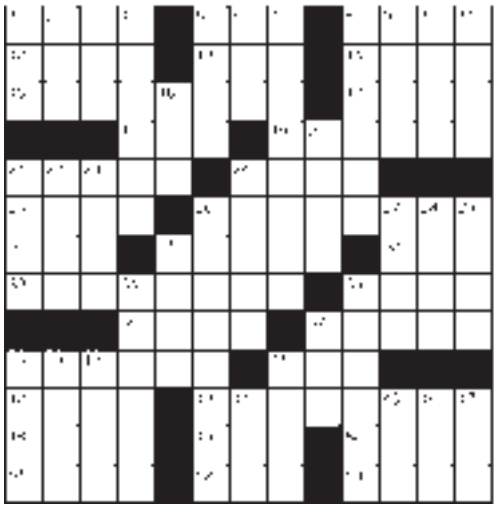
28	13
TIGER-CATS	ARGOS

Earlier this year, Hamilton had clinched its head-to-head series with fourth-place Winnipeg. So far this season, the Ticats have played just two games against West Division rivals, losing 23-22 to Calgary on July 10 and 37-24 to Saskatchewan on July 31.

But after beating up on both Winnipeg and Toronto, the Ticats are 5-2 within the East Division.

THE CANADIAN PRESS

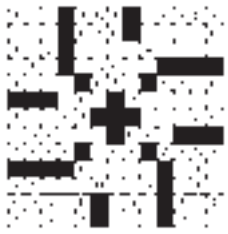
Crossword



Across
1 Taj Mahal city
5 Pitch
8 Duel tool
12 Housetop
13 Spoon-bender Geller
14 MRI forerunner
15 Pent up
17 Gardening aid
18 Genetic abbr.
19 Bureau part
21 Frat party garb
24 Follow relentlessly
25 Partner in crime
26 Post-parade litter
30 Whopper
31 "Ulysses" author
32 Court
33 Meeting attendant
35 Deserve
36 Fat
37 Fools
38 Crazy
41 Matterhorn, e.g.
42 Adolescent
43 Colleague
48 Mountaineer's grip
49 Pair
50 Rainbow
51 Base runner's goal
52 D.C. VIP
53 "The Price Is Right" props

Down
1 Joan of —
2 Stickum
3 Harry Potter's best friend
4 Public brawl
5 Albacore, e.g.
6 Exist
7 "Good —!" (welcome relief)
8 Breathe out
9 Ship's nose
10 Facility
11 Watchful one
16 Officeholders
20 Abundant
21 Body powder
22 Hodgepodge
23 Singer Campbell
24 Tampered (with)
26 Fixes typos
27 "— the night before ..."
28 Rent
29 Charged bits
31 Billie — King
34 Projecting rim
35 Vivacious cleverness
37 TV alien
38 Pruritus
39 Infamous lyre player
40 Line of fashion?
41 Unsigned (Abbr.)
44 Have bills
45 Historic time
46 Predetermine the outcome
47 Ar follower

▶ Yesterday's answer



Sudoku

	3			6			7	
		8	1		4	9		
4								6
9		2				7		1
			5		8			
8		3				2		5
1								9
		5	6		3	8		
	7			4			1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	5	7	3	4	8	2	1
8	4	7	2	9	1	5	3	6
2	3	1	5	8	6	4	7	9
4	6	8	1	5	3	7	9	2
1	2	9	4	7	8	6	5	3
7	5	3	6	2	9	1	8	4
9	8	4	3	1	5	2	6	7
3	1	2	8	6	7	9	4	5
5	7	6	9	4	2	3	1	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

PACITA: You are the most beautiful woman in the world and you complete me as a human being. I swear I'll love you forever, because you are the best thing that ever happened to me!
ETERNALLY YOURS, LIPE

Please don't go this time again. It will never be easy to do a life without you. I have learned so much from you. And I need you on my bed every night. I love you with all my heart Adrian
LOVE LAURA

Sly, these last few weeks together have been heavenly. You always know how to electrify me! Thank you for paddleing my boat.
XOXOXO, DEVON

Thank you for everything. Thank you for the special moment, September 3rd. No matter what I'll be there for you. Je t'aimerai toujours.
SNOOPY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

The Weather Network
WE'RE PROUD TO BE ONE OF CANADA'S TOP EMPLOYERS FOR YOUNG PEOPLE.

♈ Aries March 21-April 20 You want to break free of habits and routines you know are holding you back, and what happens over the next few days will encourage you to be brave and change for the better.

♉ Taurus April 21-May 21 You have everything going for you at the moment, so make the most of your opportunities while they are still there. Nothing stays the same forever, so get off your backside and be the change you want to see in the world.

♊ Gemini May 22-June 21 Domestic matters need to be handled with care as the new week begins, not least because loved ones could be rather touchy over the next 24 hours.

♋ Cancer June 22-July 22 If certain people are being less than supportive then maybe it's time you got some new friends. You don't have to stick with the same old crowd. You don't have to think you owe them anything.

♌ Leo July 23-Aug.23 Things will start to go your way again over the next few days and your confidence will quickly return to its natural high level. Even so, money matters need to be handled with care.

♍ Virgo Aug. 24- Sept. 22 Don't take any notice of what others say is and is not possible. Listen only to what your inner voice tells you. You can sense that something wonderful is going to happen this week.

♎ Libra Sept. 23-Oct. 23 You seem to be under the impression that someone is out to get you and that you need to watch every step you take. It's more of an illusion that an impression and it's holding you back unnecessarily.

♏ Scorpio Oct. 24-Nov. 22 A door that has been closed to you in the past is opening inch by inch and by midweek at the latest the gap should be big enough for you to walk through with ease.

♐ Sagittarius Nov. 23-Dec. 21 People in positions of power will look kindly on you over the next few days, so be ready to take your chance and move up in the world, if that's what you desire.

♑ Capricorn Dec. 22-Jan. 20 You have spent enough time helping others, now it is time to help yourself. The planets are very much on your side right now, so make your plans and make your move when the moon is new in midweek.

♒ Aquarius Jan. 21-Feb. 18 Someone you have been in dispute with for quite some time is sending out signals that they want your feud to end. That's great, but it must be on the right terms.

♓ Pisces Feb. 19-March 20 Cosmic activity in your opposite sign of Virgo may be making life a bit of an uphill struggle at the moment but things will improve dramatically over the next few days. **SALLY BROMPTON**

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARK TAYLOR/THE CANADIAN PRESS

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TICO

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Deals of the week

NON-STOP FLIGHTS

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.
$1129
+Taxes & other fees (including service charges): $305

Gran Bahia Principe Punta Cana • 4 1/2★
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.
PRIVILEGES
$1359
+Taxes & other fees (including service charges): $305

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Dec. 25 • 1 wk.
$1179
+Taxes & other fees (including service charges): $285

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1649
+Taxes & other fees (including service charges): $285

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Jan. 8, 15, 22 & 29 • 1 wk.
PRIVILEGES
$1199
+Taxes & other fees (including service charges): $276

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Dec. 25 • 1 wk.
PRIVILEGES
$2049
+Taxes & other fees (including service charges): $276

CUBA

Santa Clara

Royal Hideaway Ensenachos • 5★
All-Inclusive
Royal spa premium rm.
Jan. 9, 16 & 23 • 1 wk.
PRIVILEGES
$1299
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

CUBA

Varadero

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1499
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

TURKS & CAICOS

Beaches Turks & Caicos Resort Villages & Spa
EARN UP TO 3,000 BONUS AEROPLAN MILES‡
Luxury Included® Vacation for Everyone
Turquoise deluxe rm.
Dec. 20 • 1 wk.
$3499
+Taxes & other fees (including service charges): $249

FLIGHTS VIA TORONTO

BAHAMAS

Great Exuma

Hideaways at Palm Bay Beach Club • 3 1/2★
Garden view studio
Oct. 3 – 24 • 1 wk.
$879
+Taxes & other fees (including service charges): $199

ANTIGUA

Jolly Beach Resort & Spa • 3 1/2★
All-Inclusive
Standard oceanview rm.
Oct. 2 – 30 • 1 wk.
$1199
+Taxes & other fees (including service charges): $249

SAINT LUCIA

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Oct. 2 – 30 • 1 wk.
$1299
+Taxes & other fees (including service charges): $238

USA

PHOENIX via Toronto

Hotel Indigo Scottsdale • 3★
Continental breakfast • Standard rm.
Oct. 16 – 31 • 1 wk.
$659
+Taxes & other fees (including service charges): $141

CRUISE

Princess Cruise Lines[†]

Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. J
Nov. 21 • 1 wk.
$1089
+Taxes & other fees (including service charges): $270

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08 Accent

- A/C, Auto
- st: 29194
- km: 69385

$8,450

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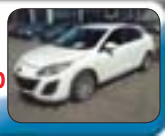
10 Mazda3



- Std
- st: 31086
- km: 14

$15,920

$129*** Bi-weekly

06 Pathfinder SE

- 4WD, Load, A/C
- st: 28503
- km: 82663

$19,850

$209* Bi-weekly

06 Mazda6

- Load, A/C, Auto,
- st: 29544
- km: 95412

$9,850

$104* Bi-weekly

06 Matrix

- A/C, Std
- st: 29661
- km: 77004

$8,860

$93* Bi-weekly

09 Nissan Sentra

- Load, A/C, Auto
- st: 29666
- km: 51023

$11,850

$96*** Bi-weekly

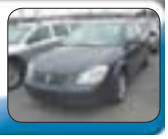
06 Outback S/W

- Load, A/C, Std
- st: 31079
- km: 98095

$13,840

$146* Bi-weekly

08 Pontiac G5

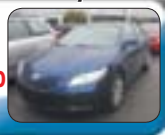


- A/C, Auto
- st: 29152
- km: 59693

$8,750

$71*** Bi-weekly

10 Camry LE

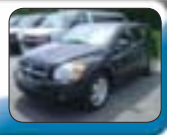


- Load, A/C, Auto
- st: 29736
- km: 31787

$19,840

$161*** Bi-weekly

07 Caliber SXT



- Load, A/C, Std
- st: 29604
- km: 79217

$9,940

$91** Bi-weekly

07 Rabbit

- Load, A/C, Roof, Std
- st: 31059
- km: 69949

$12,860

$117*** Bi-weekly

07 Civic Coupe

- Load, A/C, Std
- st: 31075
- km: 48029

$11,840

$108** Bi-weekly

10 Volvo S40

- Load, A/C, Std
- st: 29898
- km: 15141

$25,890

$200*** Bi-weekly

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10 Corolla LE

- Load, A/C
- st: 29489
- km: 30257

$17,850

$144*** Bi-weekly

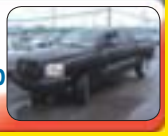
08 Mazda Tribute

- Load, A/C, Auto
- st: 29529
- km: 54497

$17,950

$145*** Bi-weekly

07 Dakota SLT Magnum

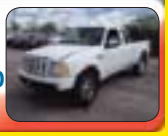


- 4x4, Load, A/C
- st: 29894
- km: 94964

$15,860

$144** Bi-weekly

07 Ford Ranger



- A/C, Auto
- st: 31003
- km: 51764

$15,970

$145** Bi-weekly

06 Mazda B4000

- 4x4, Load, A/C, Std
- st: 29776
- km: 66626

$13,350

$141* Bi-weekly

07 Econoline E250

- Super Duty, A/C
- st: 28294
- km: 75138

$17,360

$158** Bi-weekly

10 Dodge Journey

- Load, A/C
- st: 29473
- km: 20291

$18,850

$161*** Bi-weekly

09 Dodge Avenger

- Load, A/C, Auto
- st: 29707
- km: 62599

$11,850

$95*** Bi-weekly

06 GMC Canyon

- 4x4, A/C, Auto
- st: 29365
- km: 43250

$15,950

$168* Bi-weekly

06 Avalanche Z71

- 4x4, Load, A/C
- st: 29674
- km: 76635

$19,650

$207* Bi-weekly

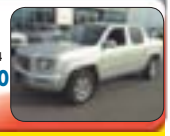
06 Sierra 1500 Z71

- 4x4, Auto, Load, A/C
- st: 29204
- km: 40533

$21,850

$223* Bi-weekly

08 Ridgeline RTL



- 4x4, Load Lthr, Roof
- st: 28708
- km: 17184

$32,890

$254*** Bi-weekly

06 Escape 4WD

- Load, A/C, Auto
- st: 29949
- km: 101805

$11,970

$126* Bi-weekly

07 Sienna

- Load, A/C
- st: 29879
- km: 90921

$15,870

$145** Bi-weekly

07 Raider LS

- Load, A/C, Auto
- st: 28990
- km: 37060

$17,890

$163* Bi-weekly

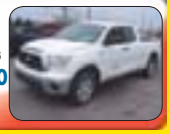
09 Frontier SE

- 4x4, Load A/C, Auto
- st: 28694
- km: 32182

$25,980

$201*** Bi-weekly

07 Tundra SR5



- 4x4, A/C, Auto
- st: 28556
- km: 47596

$29,850

$261*** Bi-weekly

07 Ford F-350 XLT

- 4x4, Load, Diesel
- st: 29010
- km: 60151

$33,840

$296** Bi-weekly

07 Chevrolet HHR

- Load, A/C, Std
- st: 29717
- km: 62456

$9,650

$88** Bi-weekly

06 Tucson

- Load, A/C Auto
- st: 29878
- km: 80243

$10,650

$112* Bi-weekly

10 Ford F-150

- 4x4, Load, A/C
- st: 29976
- km: 34488

$25,840

$200*** Bi-weekly

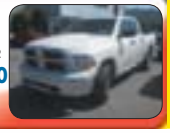
09 Chevrolet G15

- A/C
- st: 28312
- km: 38582

$21,860

$169*** Bi-weekly

09 Dodge Ram SLT



- 4x4, Load, A/C, Auto
- st: 29827
- km: 58042

$24,950

$193*** Bi-weekly

10 Ford F-250 XLT

- 4x4, Diesel
- st: 29458
- km: 14352

$43,750

$338*** Bi-weekly

06 Mazda5

- Load, A/C, Roof, Std
- st: 29306
- km: 90487

$10,650

$112* Bi-weekly

09 Jeep Liberty

- 4WD, Load, A/C, Auto
- st: 29150
- km: 55813

$17,950

$145*** Bi-weekly

10 Nissan Altima

- Load, A/C, Auto
- st: 29881
- km: 21934

$19,850

$161*** Bi-weekly

06 Acura TL

- Load, Auto Roof, Lthr
- st: 29932
- km: 85859

$17,850

$188* Bi-weekly

06 Santa Fe

- Load, A/C, Std
- st: 31096
- km: 75697

$10,480

$110* Bi-weekly

07 Yaris

- Std
- st: 29044
- km: 77412

$8,350

$76** Bi-weekly

08 Saturn Astra

- Load, A/C, Std
- st: 31078
- km: 48832

$10,980

$89*** Bi-weekly

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$500

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